

Knee Condition Secondary to Opposite Knee: Summary and Worksheets

Your own working pages. These are your notes in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim. The full guide, with the research, charts and sources, stays on the website.

Start with the essentials

1 Both knees belong in the record

Describe the service-connected knee and the other knee separately: what each one does, what it stops you doing, and when the second one changed.

2 A medical opinion has to link the two

The guide explains what the Board looked for when it connected one knee to the other, and what it found insufficient. That link is a clinician's judgement, not yours to write.

3 Bring the history and the records together

Note gait changes, treatment and imaging for each knee, and mark anything you do not have. A remand is not a loss, and the figures above describe published decisions, not your odds.

Prepare: your own working pages

Optional. These are your own notes, in your own words. They are not a VA form, they are not sent to the VA, and nothing here is a medical finding or a prediction about your claim.

Two-knee timeline

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Already service-connected knee: side, diagnosis, and history

Other knee being claimed: side, diagnosis, and onset

Changes in walking, injury, treatment, or symptoms, with dates

Daily function and flare notes

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Left knee: ordinary activities, symptoms, and changes with use

Right knee: ordinary activities, symptoms, and changes with use

Flares, assistive devices, treatment, and recovery

Provider questions about the relationship

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What walking or gait changes are documented, and where?

Questions about whether one knee caused or worsened the other

Other injuries or explanations and records the provider should consider

Records and unanswered questions

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Record, date, source, and page if known

Do I have my own copy?

Choose one



Do I know whether the VA has it?

Choose one



Missing records, request dates, and questions to follow up

Decision-letter reading sheet

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Letter date, condition, and what the VA decided

Reasons and evidence listed, with page numbers

Dates and instructions in the letter; questions for a representative
