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## Non-Arthritic Hip Score

**INSTRUCTIONS:** The following 5 questions concern the amount of pain you are currently experiencing in the hip that you are having evaluated today. For each situation, please circle the response that most accurately reflects the amount of pain experienced in the past 48 hours. Please circle one answer that best describes your situation.

**QUESTION:** How much pain do you have-

- |  |   |
|--|---|
| 1. Walking on a flat surface?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme | 4. Sitting or lying?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme |
| 2. Going up or down stairs?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme   | 5. Standing upright?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme |
| 3. At night while in bed?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme     |   |

**INSTRUCTIONS:** The following 4 questions concern the symptoms that you are currently experiencing in the hip that you are having evaluated today. For each situation, please circle the response that most accurately reflects the symptoms experienced in the past 48 hours. Please circle one answer that best describes your situation.

**QUESTION:** How much trouble do you have with-

- |  |   |
|--|---|
| 1. Catching or locking of your hip?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme | 3. Stiffness in your hip?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme        |
| 2. Your hip giving out on you?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme      | 4. Decreased motion in your hip?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme |



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**INSTRUCTIONS:** The following 5 questions concern your physical function. For each of the following activities, please circle the response that most accurately reflects the difficulty that you have experienced in the past 48 hours because of your hip pain. Please circle one answer that best describes your situation.

**QUESTION:** What degree of difficulty do you have with-

- |  |   |
|--|---|
| 1. Descending stairs?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme   | 4. Putting on socks/stockings?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme |
| 2. Ascending stairs?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme    | 5. Rising from bed?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme            |
| 3. Rising from sitting?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme |   |

**INSTRUCTIONS:** The following 6 questions concern your ability to participate in certain types of activities. For each of the following activities, please circle the response that most accurately reflects the difficulty that you have experienced in the past month because of your hip pain. If you do not participate in a certain type of activity, please estimate how much trouble your hip would cause you if you had to perform that type of activity. Please circle one answer that best describes your situation.

**QUESTION:** How much trouble does your hip cause you when you participate in-

- |  |   |
|--|---|
| 1. High demand sports involving sprinting or cutting (for example, football, basketball, tennis, and exercise aerobics)<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme | 3. Jogging for exercise?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme |
| 2. Low demand sports (for example, golfing and bowling)<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme   | 4. Walking for exercise?<br>4 = none<br>3 = mild<br>2 = moderate<br>1 = severe<br>0 = extreme |



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5. Heavy household duties (for example, lifting firewood and moving furniture)?

- 4 = none
- 3 = mild
- 2 = moderate
- 1 = severe
- 0 = extreme

6. Light household duties (for example, cooking, dusting, vacuuming, and doing laundry)?

- 4 = none
- 3 = mild
- 2 = moderate
- 1 = severe
- 0 = extreme

**INSTRUCTIONS:** Please add the numbers associated with each of your 20 answers to arrive at the raw score, Multiply the raw score by 1.25 to obtain your hip score.