

Problems with your hip

During the past 4 weeks..

✓tick one box
for every question.

1. *During the past 4 weeks.....*

How would you describe the pain you usually had from your hip?

None

Very mild

Mild

Moderate

Severe

2. *During the past 4 weeks.....*

Have you had any trouble with washing and drying yourself
(all over) because of your hip?

No trouble
at all

Very little
trouble

Moderate
trouble

Extreme
difficulty

Impossible
to do

3. *During the past 4 weeks.....*

Have you had any trouble getting in and out of a car or using
public transport because of your hip? (*whichever you tend to use*)

No trouble
at all

Very little
trouble

Moderate
trouble

Extreme
difficulty

Impossible
to do

4. *During the past 4 weeks.....*

Have you been able to put on a pair of socks, stockings or tights?

Yes,
Easily

With little
difficulty

With moderate
difficulty

With extreme
difficulty

No,
Impossible

5. *During the past 4 weeks.....*

Could you do the household shopping on your own?

Yes,
Easily

With little
difficulty

With moderate
difficulty

With extreme
difficulty

No,
Impossible

6. *During the past 4 weeks.....*

For how long have you been able to walk before pain from your hip
becomes severe? (*with or without a stick*)

No pain/
More than 30
minutes

16 to 30
minutes

5 to 15
minutes

Around the
house only

Not at all
-pain severe
on walking

During the past 4 weeks...

✓ tick one box
for every question

7

During the past 4 weeks.....

Have you been able to climb a flight of stairs?

Yes,
Easily

With little
difficulty

With moderate
difficulty

With extreme
difficulty

No,
Impossible

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During the past 4 weeks.....

After a meal (sat at a table), how painful has it been for you to stand up from a chair because of your hip?

Not at all
painful

Slightly
painful

Moderately
painful

Very
painful

Unbearable

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During the past 4 weeks.....

Have you been limping when walking, because of your hip?

Rarely/
never

Sometimes, or
just at first

Often, not
just at first

Most of
the time

All of
the time

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During the past 4 weeks.....

Have you had any sudden, severe pain - 'shooting', 'stabbing' or 'spasms' - from the affected hip?

No days

Only 1 or 2 days

Some days

Most days

Every day

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During the past 4 weeks.....

How much has pain from your hip interfered with your usual work (including housework)?

Not at all

A little bit

Moderately

Greatly

Totally

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During the past 4 weeks.....

Have you been troubled by pain from your hip in bed at night?

No
nights

Only 1 or 2
nights

Some
nights

Most
nights

Every
night