

**HOOS (Hip Osteoarthritis Outcome Survey)**

**INSTRUCTIONS**: This survey asks for your views about your hip. Answer every question by marking the appropriate box, only one box for each question. If you are unsure about how to answer a question, please give the best answer you can.

**PAIN**

**1. How often do you experience hip pain?**

□ Never □ Monthly □ Weekly x Daily □ Always

What amount of hip pain have you experienced the last week during the following activities?

**2. Walking on a flat surface**

□ None □ Mild □ Moderate □ Severe □ Extreme

**3. Going up or down stairs**

□ None □ Mild □ Moderate □ Severe □ Extreme

**4. Sitting or lying**

□ None □ Mild □ Moderate □ Severe □ Extreme

**FUNCTION, DAILY LIVING**

The following questions concern your physical function. By this we mean your ability to move around and to look after yourself. For each of the following activities please indicate the degree of difficulty you have experienced in the last week due to your hip.

**5. Rising from sitting**

□ None □ Mild □ Moderate □ Severe □ Extreme

**6. Standing**

□ None □ Mild □ Moderate □ Severe □ Extreme

**7. Getting in/out of a car**

□ None □ Mild □ Moderate □ Severe □ Extreme

**8. Walking on an uneven surface**

□ None □ Mild □ Moderate □ Severe □ Extreme

**QUALITY OF LIFE**

**9. How often are you aware of your hip problem?**

□ None □ Mild □ Moderate □ Severe □ Extreme

**10. Have you modified your lifestyle to avoid potentially damaging activities to your hip?**

□ Not at all □ Mildly □ Moderately □ Severely □ Totally

**11. How much are you troubled with lack of confidence in your hip?**

□ Not at all □ Mildly □ Moderately □ Severely □ Extremely

**12. In general, how much difficulty do you have with your hip?**

□ Not at all □ Mildly □ Moderately □ Severely □ Extreme

**Thank you very much for completing all the questions in this questionnaire.**

*SCORING (To be completed by physiotherapy staff) –*

*Score 0, 1, 2, 3, or 4 for each individual answer - Add these individual scores together to get the TOTAL RAW SCORE - Calculate (TOTAL RAW SCORE divided by 48 multiplied by 100) and subtract this number from 100 to get the FINAL SCORE*