

Score chart: how bad is my arthritic hip/knee?



This chart is compiled using information from various official scoring tools such as can be found on www.orthopaedicscore.com. It can be useful to hand the completed form to your surgeon when you are explaining the impact of your arthritic joint on your life style. If you have some months before you plan to seek medical advice, perhaps complete a new one every 4-6 weeks to track progress.

<div> Scoring in column 1 = 1 totally unimportant to 5 being extremely important </div>		1	2	3	4
This is important to me		Can do this with ease	Can do with some difficulty	Can do with much difficulty	Unable to do at all
	Getting on and off the toilet				
	Washing 'difficult to reach' places				
	Getting in and out of bath / showering				
	Putting on socks and shoes				
	Crouching				
	Kneeling on the floor				
	Stairs; going up and down				
	Sleeping				
	Work: concentration, performance				
	Driving				
	Light cleaning: just a quick dust around				
	Heavy cleaning: house, cupboards, defrosting freezer				
	Changing bed linen				
	Family meal prep				
	Clearing up the kitchen				
	Laundry: collecting, putting in machine, getting out, hanging out and sorting				
	Putting out rubbish (trash) into wheelie bins				
	Putting out wheelie bins for collection				
	Looking after baby/children/grandchildren				
	Playing with baby/children/grandchildren				
	Sex				
	Cleaning windows				
	Cleaning car				
	Keeping garden tidy				
	Recreational gardening: weeding, digging, planting				
	Visiting friends				
	Going out for a meal				
	Recreational shopping				
	Holidays/vacations				
	Walks, short: short trip down the garden and back				
	Walks, long: half a mile or more				
	Hiking, Nordic walking, rock climbing				
	Cycling				
	Swimming				
	Skiing				
	Surfing, waterskiing				

SCORING

There are 38 activities on this list

The higher your scores in columns 3 and 4,
the greater the impact on your preferred lifestyle

Totals		
1	Can do with ease	
2	Can do with some difficulty	
3	Can do with great difficulty	
4	Unable to do at all	

Standing stamina	More than 20 mins	Between 10 and 20 mins	Less than 10 mins	Can't stand at all
What is the longest period you can stand for				