

HIP FUNCTIONAL ASSESSMENT

Name: _____

Date: _____

Instructions: When your hip hurts, you may find it hard to do some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have hip pain. Some sentences may describe you today. When you read a sentence that describes you today, put an "X" in the box beside it. If it does not describe you today, leave the space beside it blank. *Check only sentences that describe you today.*

- I stay home most of the time because of my hip.
- When I sit, I change position frequently to get my hip comfortable.
- I walk more slowly than usual because of my hip.
- Because of my hip, I am not doing any of the jobs that I usually do around the house.
- Because of my hip I use the handrail on stairs.
- Because of my hip I lie down and rest more often.
- Because of my hip I have difficulty getting out of an easy chair.
- I get dressed more slowly than usual because of my hip.
- Because of my hip I try to get other people to do things for me.
- I only stand for short periods of time because of my hip.
- I find it difficult to get out of a chair because of my hip.
- Because of my hip, I try not to squat down.
- My hip is painful almost all of the time.
- Running is difficult because of my hip.
- My appetite is not good because of my hip.
- I have trouble putting my shoes and socks on because of my hip.
- I walk only short distances because of my hip.
- I sleep less because of my hip.
- Because of my hip pain I get dressed with help from someone else.
- I sit down for most of the day because of my hip.
- Because of my hip it takes me longer to get going in the mornings.
- Because of my hip pain I am more irritable and bad tempered with people than usual.
- Because of my hip it is difficult to go down stairs.
- I need to modify my fitness activities because of my hip.