

gerstenberg.clinic WELLNESS

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WOMAC OSTEOARTHRITIS INDEX

Name: _____ DOB: _____ Date: _____

The following questions concern the amount of pain you are currently experiencing in your knees. For each situation, please enter the amount of pain you have experienced in the past 48 hours.

	No Pain	Mild	Moderate	Severe	Worst Pain
1. Walking on a flat surface	<input type="checkbox"/>				
2. Going up or down stairs	<input type="checkbox"/>				
3. At night while in bed	<input type="checkbox"/>				
4. Sitting or lying down	<input type="checkbox"/>				
5. Standing upright	<input type="checkbox"/>				
6. Level of pain in RIGHT knee	<input type="checkbox"/>				
7. Level of pain in LEFT knee	<input type="checkbox"/>				
8. How severe is your stiffness after first awakening in the morning?	<input type="checkbox"/>				
9. How severe is your stiffness after sitting, lying, or resting later in the day?	<input type="checkbox"/>				

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 48 hours, in your knees.

	No Pain	Mild	Moderate	Severe	Worst Pain
1. Descending (going down) stairs	<input type="checkbox"/>				
2. Ascending (going up) stairs	<input type="checkbox"/>				
3. Rising from sitting	<input type="checkbox"/>				
4. Standing	<input type="checkbox"/>				
5. Bending to floor	<input type="checkbox"/>				
6. Walking on a flat surface	<input type="checkbox"/>				
7. Getting in/out of car	<input type="checkbox"/>				
8. Going shopping	<input type="checkbox"/>				
9. Putting on socks/stockings	<input type="checkbox"/>				
10. Rising from bed	<input type="checkbox"/>				
11. Taking off socks/stockings	<input type="checkbox"/>				
12. Lying in bed	<input type="checkbox"/>				
13. Getting in/out of bath	<input type="checkbox"/>				
14. Sitting	<input type="checkbox"/>				
15. Getting on/off toilet	<input type="checkbox"/>				
16. Heavy domestic duties (mowing the lawn, lifting heavy grocery bags)	<input type="checkbox"/>				
17. Light domestic duties (such as tidying a room, dusting, cooking)	<input type="checkbox"/>				