

Hip Outcomes Score	<i>Please answer every question with <u>one</u> response that best describes your condition within the past week.</i>					
Part I: Activities of Daily Living	No Difficulty At All	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to Do	N/A if the activity question is by something other than your hip
Standing for 15 minutes						
Getting into & out of an average car						
Putting on socks & shoes						
Walking up steep hills						
Walking down steep hills						
Going up 1 flight of stairs						
Going down 1 flight of stairs						
Stepping up & down curbs						
Deep squatting						
Getting into & out of a bathtub						
Sitting for 15 minutes						
Walking initially						
Walking 10 minutes						
Walking 15 minutes or more						
Twisting/pivoting on involved leg						
Rolling over in bed						
Light to moderate work (standing, walking)						
Heavy work (push, pull, climb, carry)						
Recreational activities						
How would you rate your current level of function during your usual activities of daily living from 0% to 100% , with 100% being your level of function prior to your hip problem, and 0% being unable to perform any of your usual daily activities?						

Part II: Sports Specific	Current Sport(s):					
	No Difficulty At All	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to Do	N/A if the activity question is by something other than your hip
Running one mile						
Jumping						
Swinging objects like a golf club						
Landing						
Starting & stopping quickly						
Cutting/lateral movements						
Low impact activities like fast walking						
Ability to perform activity with your normal technique						
Ability to participate in your desired sport as long as you would like						
How would you rate your current level of function during your sports-related activities from 0% to 100% , with 100% being your level of function prior to your hip problem, and 0% being the inability to perform any of your sports activities?						
How would you rate your current level of function?			Normal	Nearly Normal	Abnormal	Severely Abnormal