

Hip Outcome Score

Patient Name: _____

Patient MRN: _____

Date: _____

Affected Hip: R L (Circle One)

Activities of Daily Living Scale

Please answer **every question** with **one response** that most closely describes your condition within the past week. If the activity in question is limited by something other than your hip, mark **not applicable (N/A)**. Because of your hip, how much difficulty do you have with:

	No Difficulty At All	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do	N/A
1. Standing for 15 minutes	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
2. Getting into and out of an average car	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
3. Walking up steep hills	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
4. Walking down steep hills	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
5. Going up 1 flight of stairs	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
6. Going down 1 flight of stairs	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
7. Stepping up and down curbs	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
8. Deep squatting	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
9. Getting into and out of a bath tub	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
10. Walking initially	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
11. Walking for approximately 10 minutes	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
12. Walking 15 minutes or greater	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
13. Twisting/pivoting on involved leg	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
14. Rolling over in bed	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
15. Light to moderate work (standing, walking)	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
16. Heavy work (push/pulling, climbing, carrying)	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
17. Recreational activities	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)

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 the inability to perform any of your usual daily activities.

_ _ _ .0%

Because of your hip, how much difficulty do you have with:

	No Difficulty At All	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do	N/A
18. Putting on socks and shoes (not scored)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Sitting for 15 minutes (not scored)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Sports Scale

Because of your hip, how much difficulty do you have with:

	No Difficulty At All	Slight Difficulty	Moderate Difficulty	Extreme Difficulty	Unable to do	N/A
1. Running one mile	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
2. Jumping	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
3. Swinging objects like a golf club	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
4. Landing	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
5. Starting and stopping quickly	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
6. Cutting/lateral movements	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
7. Low impact activities like fast walking	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
8. Ability to perform activity with your normal technique	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)
9. Ability to participate in your desired sport as long as you would like	<input type="checkbox"/> (+4)	<input type="checkbox"/> (+3)	<input type="checkbox"/> (+2)	<input type="checkbox"/> (+1)	<input type="checkbox"/> (+0)	<input type="checkbox"/> (X)

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 usual daily activities.

___ ___ ___ . 0%

How would you rate your current level of function?

Normal Nearly Normal Abnormal Severely Abnormal

Scoring Guidelines:

Activities of Daily Living Scale:

Number of Completed Responses ('n'): _____ (max = 17) Sum of 'n' Responses: _____

$$\text{HOS Activities of Daily Living Score} = \frac{\text{sum of } n \text{ responses}}{n * 4} \times 100$$

HOS Activities of Daily Living Score: _____

Sports Scale:

Number of Completed Responses ('n'): _____ (max = 9) Sum of 'n' Responses: _____

$$\text{HOS Sports Score} = \frac{\text{sum of } n \text{ responses}}{n * 4} \times 100$$

HOS Sports Score: _____