

Bay Area Neuromuscular-Therapy & Regenerative Medicine

WOMAC Osteoarthritis Index

Patient to fill out this page only

PAIN

The following questions concern the amount of pain you are currently experiencing in your knees. Indicate the level of knee pain associated with:

	None	Mild	Moderate	Severe	Extreme
1. Walking on a flat surface					
2. Going up or down stairs					
3. At night, while in bed					
4. Sitting or laying					
5. Standing upright					

STIFFNESS

The following questions concern the amount of stiffness you have throughout the day:

	None	Mild	Moderate	Severe	Extreme
1. On first awakening in the morning					
2. When first getting out of bed					
3. After sitting, lying or resting later in day					

PHYSICAL FUNCTION

The following questions concern your physical function. By this we mean your ability to do tasks and move around by yourself. If you use an assistive device, please say here what kind: _____

What degree of difficulty do you have:

	None	Mild	Moderate	Severe	Extreme
1. Descending (going down) stairs					
2. Ascending (going up) stairs					
3. Sitting					
4. Rising from sitting					
5. Standing					
6. Bending to floor					
7. Walking on a flat surface					
8. Getting in/out of car					
9. Going shopping					
10. Putting on socks/stockings					
11. Taking off socks/stockings					
12. Rising from bed					
13. Laying in bed					
14. Getting in/out of bath					
15. Getting on/off toilet					
16. Heavy duties (Mowing lawn)					
17. Light duties (cleaning/cooking)					

Name: _____ S.S.#: _____ (last 4 digits) Date: _____

WOMAC Scoring & Interpretation-Your Medical Practitioners Will Fill Out This Section

Scale: The Likert Scale version uses the following descriptors for all items: none, mild, moderate, severe, and extreme. These correspond to an ordinary scale to an ordinary scale of 0 - 4. The Visual Analog version uses anchors of no pain/stiffness/difficulty and extreme pain/stiffness/difficulty.

Score Range: On the Likert Scale version, the scores are summed for items in each subscale, with possible ranges as follows: pain=0-20, stiffness=0-8, physical function=0-68. On the Visual Analog version, a ruler is used to measure the distance (in mm) from the left end marker to the patient's mark. For each item, the possible range of scores is therefore 0-100. Items are summed for each subscale. Most commonly, a total WOMAC score is created by summing the items for all three subscales and dividing by the total maximum score.

RESPONSE	POINTS with Total
None	0
Mild	1 x _____ =
Moderate	2 x _____ =
Severe	3 x _____ =
Extreme	4 x _____ =

TOTAL SCORE: _____ (added from above)

Total divided by 100 = _____ %
This is the Disability Index Score

Maximum Score for Pain: 20

Maximum Score for Stiffness: 12

Maximum Score for Physical Function: 68

Any additional comments:

Name: _____ S.S.#: _____ (last 4 digits) Date: _____