

## The Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)

### \* Patient Information

Name

Date

Please rate the activities in each category according to the following scale of difficulty:

0 None

1 Slight

2 Moderate

3 Very

4 Extremely

Circle one number for each activity

Pain		0	1	2	3	4
1. Walking		0	1	2	3	4
2. Stair climbing		0	1	2	3	4
3. Nocturnal		0	1	2	3	4
4. Rest		0	1	2	3	4
5. Weight bearing		0	1	2	3	4

Stiffness		0	1	2	3	4
1. Morning stiffness		0	1	2	3	4
2. Stiffness occurring later in the day		0	1	2	3	4

Physical Function		0	1	2	3	4
1. Descending stairs		0	1	2	3	4
2. Ascending stairs		0	1	2	3	4
3. Rising from sitting		0	1	2	3	4
4. Standing		0	1	2	3	4
5. Bending to floor		0	1	2	3	4
6. Walking on flat surface		0	1	2	3	4
7. Getting in / out of car		0	1	2	3	4
8. Going shopping		0	1	2	3	4
9. Putting on socks		0	1	2	3	4
10. Lying in bed		0	1	2	3	4
11. Taking off socks		0	1	2	3	4
12. Rising from bed		0	1	2	3	4
13. Getting in / out of bath		0	1	2	3	4
14. Sitting		0	1	2	3	4
15. Getting on / off toilet		0	1	2	3	4
16. Heavy domestic duties		0	1	2	3	4
17. Light domestic duties		0	1	2	3	4

Total Score: ..... / 96 = ..... %

Comments / Interpretation