

# HIP PAIN ASSESSMENT



## Why does my hip hurt?

It's important for you to know and be able to communicate the level of hip pain that you are experiencing.

If you can't describe your pain accurately for your doctor, then he or she may not be able to recommend the best treatment option for you..

*To the right you will find a list of questions to answer quickly. If your answers are "yes" more often than they are "no," then you may need to consider hip replacement surgery.*

*Print this assessment and mark "yes" or "no" next to each question to share it with your doctor.*

- Do you have difficulty putting on your shoes and socks? .....
- Do you sometimes limp?.....
- Does one leg feel "shorter" than the other? .....
- Do you have balance problems?.....
- Do you experience pain in the thigh, groin, or buttocks? .....
- Does pain limit your activities and lifestyle?.....
- Does your hip pain radiate to your knee?.....
- Does your hip pain interfere with your sleep? .....
- Does your hip pain make your job more difficult?.....
- Has inactivity caused you to gain weight? .....
- Does your hip hurt one or more days per week? .....
- Have you been dealing with long-term hip pain and discomfort that has lasted without change for three weeks and won't go away?.....

YES NO

## Rate your pain on a scale of 1-5

For most people, the tipping point is about 4 or 5—that's when the pain becomes too difficult and they turn to a surgeon for relief.

