**The Western Ontario and McMaster Universities Osteoarthritis Index**

**(WOMAC)**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructions: 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

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

1. Morning stiffness 0 1 2 3 4

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

Physical Function

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 (to be completed by therapist only):