Name: _____ Date:_____

Hip Outcome Score (HOS)
Activity of Daily Living Scale

Please answer every question with one response that most closely describes to your condition within the past week. If the activity in question is limited by something other than your hip, mark <u>not applicable (N/A).</u>

	0 No Difficulty at All	1 Slight Difficulty	2 Moderate Difficulty	3 Extreme Difficulty	4 Unable To do	N/A
Standing for 15 minutes	☐	☐	☐	☐	☐	☐
Getting into and out of an average car	☐	☐	☐	☐	☐	☐
Walking up steep hills	☐	☐	☐	☐	☐	☐
Walking down steep hills	☐	☐	☐	☐	☐	☐
Going up 1 flight of stairs	☐	☐	☐	☐	☐	☐
Going down 1 flight of stairs	☐	☐	☐	☐	☐	☐
Stepping up and down curbs	☐	☐	☐	☐	☐	☐
Deep Squatting	☐	☐	☐	☐	☐	☐
Getting into and out of the bath tub	☐	☐	☐	☐	☐	☐
Walking initially	☐	☐	☐	☐	☐	☐
Walking for approximately 10 minutes	☐	☐	☐	☐	☐	☐
Walking 15 minutes or greater	☐	☐	☐	☐	☐	☐

_____ _____

Patient Signature Date

_____ _____

Therapist Signature Date

Name: _____ Date:_____

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

	0 No Difficulty at All	1 Slight Difficulty	2 Moderate Difficulty	3 Extreme Difficulty	4 Unable To do	N/A
Twisting/pivoting on involved leg	☐	☐	☐	☐	☐	☐
Rolling over in bed	☐	☐	☐	☐	☐	☐
Light to moderate work (standing, walking)	☐	☐	☐	☐	☐	☐
Heavy work (push/pulling, climbing, carrying)	☐	☐	☐	☐	☐	☐
Recreational activities	☐	☐	☐	☐	☐	☐

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%

Not Graded:						
Putting on socks and shoes	☐	☐	☐	☐	☐	☐
Sitting for 15 minutes	☐	☐	☐	☐	☐	☐

Scoring: The HOOS Tool is out of 17 possible responses, if the patient is unable to complete any task, check the N/A column so that is can be deducted from the overall total of responses when computing the mean. The total score for all items are summed and an average is taken based on the numbers of questions that were answered by the patient. Once a mean is obtained, multiple that by 100, and then divide by 4. Then you will take 100 minus that number achieved from the previous formula. A sample formula is shown below.

$$100 - \frac{[\text{mean} \times 100]}{4} = \_\_\_\_\_ \textbf{ \% Function}$$

MEDICARE PATIENTS ONLY

100% - _____% Function = _____% Impairment

_____ _____

Patient Signature Date

_____ _____

Therapist Signature Date