

PANDA PHYSICAL MEDICNE,LLC
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The Western Ontario and McMaster Universities Osteoarthritis Index
(WOMAC)

Name: _____

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. <u>Walking</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	2. <u>Stair Climbing</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	3. <u>Nocturnal</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	4. <u>Rest</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	5. <u>Weight bearing</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
Stiffness	1. <u>Morning stiffness</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	2. <u>Stiffness occurring later in the day</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
Physical Function	1. <u>Descending stairs</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	2. <u>Ascending stairs</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	3. <u>Rising from sitting</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	4. <u>Standing</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	5. <u>Bending to floor</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	6. <u>Walking on flat surface</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	7. <u>Getting in / out of car</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	8. <u>Going shopping</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	9. <u>Putting on socks</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	10. <u>Lying in bed</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	11. <u>Taking off socks</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	12. <u>Rising from bed</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	13. <u>Getting in/out of bath</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	14. <u>Sitting</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	15. <u>Getting on/off toilet</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	16. <u>Heavy domestic duties</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	17. <u>Light domestic duties</u>	<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>

Total Score: _____ / 96 = _____ %

Comments / Interpretation (to be completed by therapist only):