

Self Assessment: Hip or Knee Pain

This is a self-assessment and is not intended to substitute a physician's examination or diagnosis.

	Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly Agree (5)	SCORE
I have persistent pain or stiffness after getting out of bed in the morning.						
I have soreness and swelling in one or more joints.						
I have persistent pain, stiffness, soreness or swelling in one or more joints on an ongoing/ recurrent basis.						
I avoid activities that I have previously loved doing (going to church, walking, shopping, etc.).						
My joint pain is interfering with my sleep.						
I am avoiding social activities because I do not want to slow everybody else down.						
My joint pain or the restrictions in my physical activity are making me feel anxious, helpless or depressed.						
I have been diagnosed with osteoarthritis and have been holding off total joint replacement.						
Total Score						

Score Key

- 20 or less: Continue to monitor and follow up with your primary care physician as needed.
- 21 - 32: At your next primary care physician appointment, talk with your physician about your symptoms.
- 33 - 40: Schedule an appointment with your primary care physician or an orthopedic surgeon to discuss symptoms.