

# The Hip and Knee Questionnaire

ID

## Instructions:

For the following questions, think about how your hip or knee has been affecting you over the last 3 months when taking your usual medication or using your usual aids (e.g., walking stick, frame or handrails). Please tick one box  only for each question.

- 1. Do you have hip or knee pain that does not get better even when you rest (for example, while sitting)?**
  - None or mild pain
  - Moderate pain
  - Severe pain
  - Extremely severe pain
  - The pain is so severe that I cannot bear it
  
- 2. Do you have hip or knee pain when you first go to bed at night that stops you going to sleep?**
  - No or rarely
  - I have pain that sometimes stops me going to sleep
  - I have pain that often stops me going to sleep
  - I have pain that stops me going to sleep most of the time
  - I have pain that stops me going to sleep all the time
  
- 3. Do you have hip or knee pain that limits your walking?**
  - My walking is not limited by hip or knee pain
  - I can walk for at least 30 minutes before pain stops me
  - I can walk for about 10 to 15 minutes before pain stops me
  - I can only walk for a short time (such as walking from one room to another room)
  - I am not able to walk at all because of my hip or knee pain
  
- 4. Does your hip or knee make it difficult for you to look after yourself (such as washing yourself, getting dressed, going to the toilet)?**
  - No, I can look after myself → **Go to Question 6 (over the page)**
  - There are some things I cannot do for myself
  - There are many things I cannot do for myself
  - I cannot do most things for myself
  - I cannot look after myself because of my hip or knee
  
- 5. Do you get enough help with looking after yourself (such as washing yourself, getting dressed, going to the toilet)?**
  - I get as much help as I need
  - Most of the time I get enough help
  - Some of the time I get enough help
  - I rarely get enough help
  - I do not get enough help with looking after myself

**Please answer the questions over the page**

- 6. Does your hip or knee affect your enjoyment of life?**
- No, or only a little
  - It makes it moderately difficult for me to enjoy my life
  - It makes it very difficult for me to enjoy my life
  - It makes it extremely difficult for me to enjoy my life
  - I cannot enjoy my life at all because of my hip or knee
- 7. Does your hip or knee cause difficulties with your relationships with people close to you (such as wife, husband, children and close friends)?**
- No, it does not cause difficulties with my relationships
  - It sometimes causes difficulties with my relationships
  - It often causes difficulties with my relationships
  - Most of the time it causes difficulties with my relationships
  - All of the time my hip or knee causes difficulties with my relationships
- 8. Does your hip or knee make it difficult for your household (yourself, family and others) to manage financially?**
- No, it does not affect my household finances
  - It makes it slightly difficult to manage financially
  - It makes it moderately difficult to manage financially
  - It makes it extremely difficult to manage financially
  - My household cannot manage financially at all because of my hip or knee
- 9. Have you been in paid work in the last 6 months?**
- No
  - Yes, my hip or knee does not make it difficult for me to work
  - Yes, but it is moderately difficult for me to continue to work because of my hip or knee
  - Yes, but it is very difficult for me to continue to work because of my hip or knee
  - Yes, but I have had to stop work because of my hip or knee
  - Yes, but working is difficult for me for **other reasons**
- 10. Do you need to look after people who require your care (such as a sick or disabled partner or family member)?**
- No
  - Yes, my hip or knee does not make it difficult for me to look after them
  - Yes, but it is moderately difficult for me to look after them because of my hip or knee
  - Yes, but it is very difficult for me to look after them because of my hip or knee
  - Yes, but I am unable to care for them because of my hip or knee
  - Yes, but it is difficult for me to look after them for **other reasons**
- 11. Overall, is your hip or knee problem different now compared with how it was 6 months ago?**
- It is better now
  - It is about the same now
  - It is a little worse now
  - It is moderately worse now
  - It is very much worse now

**Thank you for taking the time to answer these questions**