

## Oxford Hip Score

Clinician's name (or ref) \_\_\_\_\_

Patient's name (or ref) \_\_\_\_\_

Please answer the following 12 multiple choice questions.

During the past 4 weeks.....

**1. How would you describe the pain you usually have in your hip?**

- None
- Very mild
- Mild
- Moderate
- Severe

**7. Have you been able to put on a pair of socks, stockings or tights?**

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

**2. Have you been troubled by pain from your hip in bed at night?**

- No nights
- Only 1 or 2 nights
- Some nights
- Most nights
- Every night

**8. After a meal (sat at a table), how painful has it been for you to stand up from a chair because of your hip?**

- Not at all painful
- Slightly painful
- Moderately painful
- Very painful
- Unbearable

**3. Have you had any sudden, severe pain (shooting, stabbing, or spasms) from your affected hip?**

- No days
- Only 1 or 2 days
- Some days
- Most days
- Every day

**9. Have you had any trouble getting in and out of a car or using public transportation because of your hip?**

- No trouble at all
- Very little trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

**4. Have you been limping when walking because of your hip?**

- Rarely/never
- Sometimes or just at first
- Often, not just at first
- Most of the time
- All of the time

**10. Have you had any trouble with washing and drying yourself (all over) because of your hip?**

- No trouble at all
- Very little trouble
- Moderate trouble
- Extreme difficulty
- Impossible to do

**5. For how long have you been able to walk before the pain in your hip becomes severe (with or without a walking aid)?**

- No pain for 30 minutes or more
- 16 to 30 minutes
- 5 to 15 minutes
- Around the house only
- Not at all

**11. Could you do the household shopping on your own?**

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

**6. Have you been able to climb a flight of stairs?**

- Yes, easily
- With little difficulty
- With moderate difficulty
- With extreme difficulty
- No, impossible

**12. How much has pain from your hip interfered with your usual work, including housework?**

- Not at all
- A little bit
- Moderately
- Greatly
- Totally

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**The Oxford Hip Score is:**

### Grading for the Oxford Hip Score

**Score 0 to 19** May indicate severe hip arthritis. It is highly likely that you may well require some form of surgical intervention, contact your family physician for a consult with an Orthopaedic Surgeon.

**Score 20 to 29** May indicate moderate to severe hip arthritis. See your family physician for an assessment and x-ray. Consider a consult with an Orthopaedic Surgeon.

**Score 30 to 39** May indicate mild to moderate hip arthritis. Consider seeing you family physician for an assessment and possible x-ray. You may benefit from non-surgical treatment, such as exercise, weight loss, and /or anti-inflammatory medication

**Score 40 to 48** May indicate satisfactory joint function. May not require any formal treatment.

**Reference for Score:** Dawson J, Fitzpatrick R, Carr A, Murray D. Questionnaire on the perceptions of patients about total hip replacement. J Bone Joint Surg Br. 1996 Mar;78(2):185-90. [Link](#)

**Reference for Grading:** [Link](#)

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