

# The Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)

## The Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

Please rate the activities in each category according to the following scale of difficulty: 0 = None, 1 = Slight, 2 = Moderate, 3 = Very, 4 = Extremely

### PAIN

**1. Walking:**

0 1 2 3 4

**2. Stair climbing:**

0 1 2 3 4

**3. Nocturnal:**

0 1 2 3 4

**4. Rest:**

0 1 2 3 4

**5. Weight bearing:**

0 1 2 3 4

### STIFFNESS

**1. Morning stiffness:**

0 1 2 3 4

**2. Stiffness occurring later in the day:**

0 1 2 3 4

### PHYSICAL FUNCTION

**1. Descending stairs:**

0 1 2 3 4

**2. Ascending stairs:**

0 1 2 3 4

**3. Rising from sitting:**

0 1 2 3 4

**4. Standing:**

0 1 2 3 4

**5. Bending to floor:**

6. Walking on flat surface:

0  1  2  3  4

7. Getting in/out of car:

0  1  2  3  4

8. Going shopping:

0  1  2  3  4

9. Putting on socks:

0  1  2  3  4

10. Lying in bed:

0  1  2  3  4

11. Taking off socks:

0  1  2  3  4

12. Rising from bed:

0  1  2  3  4

13. Getting in/out of bath:

0  1  2  3  4

14. Sitting:

0  1  2  3  4

15. Getting on/off toilet:

0  1  2  3  4

16. Heavy domestic duties:

0  1  2  3  4

17. Light domestic duties:

0  1  2  3  4

Total score: \_\_\_\_\_

Specify below:

Comments/interpretation (To be completed by therapist only):