Getting a Good Diagnosis for Arthritis Survey

Please take a few minutes to complete this survey. These questions address the Knee and Hip joints and help to determine the degree to which these joints may have arthritis.

**Knee Problems:** I have the following knee problems:
1. □ no □ yes  Pain at rest or with activity
2. □ no □ yes  Stiffness and swelling
3. □ no □ yes  My knee gives way sometimes. I may even fall.
4. □ no □ yes  My knee doesn’t move as well as it used to.
5. □ no □ yes  Sometimes my knee locks.
6. □ no □ yes  My knee pain wakes me up at night.
7. □ no □ yes  I can’t walk without a cane or walker.

**Hip Problems:** I have the following hip problems:
8. □ no □ yes  Groin pain
9. □ no □ yes  Thigh pain
10. □ no □ yes  Stiffness in my hips
11. □ no □ yes  My hip pain wakes me up at night.
12. □ no □ yes  It is uncomfortable to lie down flat.
13. □ no □ yes  I have trouble going up and down stairs.
14. □ no □ yes  I have trouble getting in and out of the car or a chair.

**Other**
15. □ no □ yes  I have been given a diagnosis of arthritis. If yes, which type? _______________________________
16. □ no □ yes  I have other joints that bother me. If yes, which ones? _______________________________

***Answering yes to questions 3, 6, 8 and/or 11 may indicate you have advanced arthritis in your Knee or Hip and you may be at risk for falls. We recommend you see an orthopedist for further evaluation.

If you would like to talk about your results individually, please stay after class and we will be happy to discuss them with you. 😊