

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

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Please rate the activities in each category according to the following scale of difficulty:

0 = None    1 = Slight    2 = Moderate    3 = Very    4 = Extremely

<b>Pain</b>	<b>0 None</b>	<b>1 Slight</b>	<b>2 Moderate</b>	<b>3 Very</b>	<b>4 Extremely</b>
1. Walking					
2. Stair climbing					
3. Nocturnal					
4. Rest					
5. Weight bearing					
<b>Stiffness</b>					
1. Morning stiffness					
2. Stiffness occurring later in the day					
<b>Physical function</b>					
1. Descending stairs					
2. Ascending stairs					
3. Rising from sitting					
4. Standing					
5. Bending to floor					
6. Walking on flat surface					
7. Getting in/out of car					
8. Going shopping					
9. Putting on socks					
10. Lying in bed					
11. Taking off socks					
12. Rising from bed					
13. Getting in/out of bath					

Physical function	0 None	1 Slight	2 Moderate	3 Very	4 Extremely
14. Sitting					
15. Getting on/off toilet					
16. Heavy domestic duties					
17. Light domestic duties					
<b>Total score:</b>					
<b>Comments/interpretation</b>					
<i>To be completed by therapist only:</i>					

Bellamy, N., Buchanan, W. W., Goldsmith, C. H., Campbell, J., & Stitt, L. W. (1988). Validation study of WOMAC: A health status instrument for measuring clinically important patient relevant outcomes to antirheumatic drug therapy in patients with osteoarthritis of the hip or knee. *The Journal of Rheumatology*, 15(12), 1833-1840.