

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

Pain	0 None	1 Slight	2 Moderate	3 Very	4 Extremely
1. Walking					
2. Stair climbing					
3. Nocturnal					
4. Rest					
5. Weight bearing					
Stiffness					
1. Morning stiffness					
2. Stiffness occurring later in the day					
Physical function					
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					
Total score:					
Comments/interpretation					
<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.