

## Hip Preservation Study Sheet- Brian J. White MD

ORTHOPAEDICS	Na	me:				Date:				
1830 Franklin Street, Suite 450 Denver, Colorado 80218		Before s Already More tha	had sur				3 months ago ☐ 6 mos ago ☐ 1 year ago			
<b>Modified Harris Hip Score:</b>			J	. 1						
Please select the one response that b	est re	eflects you	ur pain:							
☐ 1. None or you ignore it.		-	_							
<ul><li>2. Slight, occasional, no co</li></ul>	ompro	omise at a	ıll							
3. Mild, no effect on avera	age ac	ctivities								
			ns to pai	in are ma	de. Som	e limitatio	on of ordinary activity or work. May require			
pain medication stronger th		-								
5. Marked pain, serious lin			•							
☐ 6. Totally disabled, cripple										
After 6-9 blocks (about 1 mile), ples	ase de	escribe ho	w you w	ould wal	k: (Pleas	e select o	nly one response)			
1. No limp										
2. Slight limp										
<ul><li>3. Moderate limp</li></ul>										
4. Severe limp				_	_					
Which kind of support do you use w	vhen :	you walk'	? (Please	select on	ily one re	sponse)				
1. None										
2. Cane for long walks										
3. Cane most of the time										
4. One crutch										
5. Two canes										
6. Two crutches										
7. Not able to walk	c		11.0							
Which one response best reflects ho	w far	you can	walk?							
Unlimited										
6 Blocks										
2-3 Blocks										
☐ Indoors only										
☐ Bed and Chair	1.	1114 4	1	1	0					
Which one response best reflects yo			up and	down sta	irs?					
1. Normally without using		ling								
<ul><li>2. Normally using a railing</li></ul>	g									
3. In any manner										
4. Unable to use stairs.	1 - 1	-9 (Dl	1 4	1						
How can you put on your socks and  1. With ease	snoe	s: (Please	e select o	omy one i	esponse)					
<ul><li>2. With difficulty</li><li>3. Unable</li></ul>										
☐ 3. Unable Which one response best reflects yo	ur ah	ility to cit	.9							
1. Comfortably in an ordin										
2. On a high chair for one-			nic noui							
☐ 3. Unable to sit comfortab										
Are you or would you be able to use			ortation?							
Yes	puo.	ne transpo	ortation.							
☐ 2. No										
VAS Scale:										
Please rate your <b>pain</b> at rest on a sca	ale fr	om <b>1</b> ( <b>no</b> i	ne) to 10	(severe)	:					
1 2 3	4	5	6	7	8	9	10			
Please rate your <b>pain</b> with daily act	ivities	s:			-					
1 2 3	4	5	6	7	8	9	10			
Please rate your pain with your athl	letic a	ctivity:								
1 2 3	4	5	6	7	8	9	10			
Please rate your level of satisfaction	<b>n</b> witl	h your hip	o. <b>1-not</b> s	satisfied,	10-very	satisfied.				
1 2 3	4	5	6	7	8	9	10			
not entirfied at all						3.7	very caticfied			

www.labralreconstruction.com

## LOWER EXTREMITY FUNCTIONAL SCALE<sup>1</sup>

Section 1: To be completed by patient												
Name: Aş												
□ Preop □ 6 mos postop □ 1 year postop □ Other:												
Section 2: To be completed by patient												
We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your lower limb problem for which you are currently seeking attention. Please provide an answer for each activity.												
Today do you, or would you have difficulty at all with: (Circle one number on each line)												
	Extreme Difficulty or Unable to Perform Activity	Quite a bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty							
a. Any of your usual work, housework or school activities.	0	1	2	3	4							
b. Your usual hobbies, recreational or sporting activities.	0	1	2	3	4							
c. Getting into or out of the bath.	0	1	2	3	4							
d. Walking between rooms.	0	1	2	3	4							
e. Putting on your shoes or socks.	0	1	2	3	4							
f. Squatting	0	1	2	3	4							
g. Lifting an object, like a bag of groceries from the floor.	0	1	2	3	4							
h. Performing light activities around your home.	0	1	2	3	4							
i. Performing heavy activities around your home.	0	1	2	3	4							
j. Getting into or out of a car.	0	1	2	3	4							
k. Walking 2 blocks.	0	1	2	3	4							
1. Walking a mile.	0	1	2	3	4							
m. Going up or down 10 stairs (about 1 flight of stairs).	0	1	2	3	4							
n. Standing for 1 hour.	0	1	2	3	4							
o. Sitting for 1 hour.	0	1	2	3	4							
p. Running on even ground.	0	1	2	3	4							
q. Running on uneven ground.	0	1	2	3	4							
r. Making sharp turns while running fast.	0	1	2	3	4							
s. Hopping.	0	1	2	3	4							
t. Rolling over in bed.	0	1	2	3	4							
COLUMN TOTALS:												
Section 3: To be completed by provider  SCORE: out of 80 (No Disability 80, SEM 5, MDC 9) Initial FU weeks												

adapted from Binkley J et al; Phys Ther; 79: 371-383, 1999.[Prepared Feb 01]