

The Vail Hip Score

Please pick one response to each question

	POINTS																									
Please select the one response that best reflects your PAIN at the following times:																										
1. Today:	10																									
<table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;"><i>No Pain</i></td> <td style="text-align: center;">_____</td> <td style="text-align: center;"><i>Severe Pain</i></td> </tr> <tr> <td style="text-align: center;">○ 0</td> <td style="text-align: center;">○ 1</td> <td style="text-align: center;">○ 2</td> <td style="text-align: center;">○ 3</td> <td style="text-align: center;">○ 4</td> <td style="text-align: center;">○ 5</td> <td style="text-align: center;">○ 6</td> <td style="text-align: center;">○ 7</td> <td style="text-align: center;">○ 8</td> <td style="text-align: center;">○ 9</td> <td style="text-align: center;">○ 10</td> </tr> <tr> <td style="text-align: center;">POINTS: 10</td> <td style="text-align: center;">9</td> <td style="text-align: center;">8</td> <td style="text-align: center;">7</td> <td style="text-align: center;">6</td> <td style="text-align: center;">5</td> <td style="text-align: center;">4</td> <td style="text-align: center;">3</td> <td style="text-align: center;">2</td> <td style="text-align: center;">1</td> <td style="text-align: center;">0</td> </tr> </table>	<i>No Pain</i>	_____	<i>Severe Pain</i>	○ 0	○ 1	○ 2	○ 3	○ 4	○ 5	○ 6	○ 7	○ 8	○ 9	○ 10	POINTS: 10	9	8	7	6	5	4	3	2	1	0	
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4. After 6 to 9 blocks (about 1 mile), please describe how you would walk:																										
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How much trouble do you have with.....																										
5. Stiffness in your hip?	10																									
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6. Decrease motion of your hip?	10																									
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Because of your hip, how much difficulty do you have with.....																										
7. Twisting/pivoting on involved leg	5																									
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8. Deep squatting	5																									
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9. Heavy work (push/pulling, climbing, carrying)	5																									
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