

Name: _____

Date: _____

Hip Outcome Score (HOS)
Sports Scale

Please answer every question with one response that most closely describes to your condition within the past week. If the activity in question is limited by something other than your hip, mark not applicable (N/A).

	0 No Difficulty at All	1 Slight Difficulty	2 Moderate Difficulty	3 Extreme Difficulty	4 Unable To do	N/A
Running one mile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Jumping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swinging objects like a golf club	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Landing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starting and stopping quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cutting/lateral movements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low impact activities like fast walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to perform activity with your normal technique	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ability to participate in your desired sport as long as you would like	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Patient Signature

Date

Therapist Signature

Date

Name: _____

Date: _____

How would you rate your current level of function during your sports related activities from 0 to 100 with 100 being your level of function prior to your hip problem and 0 being the inability to perform any of your usual daily activities?

□□□.0%

How would you rate your current level of function?

- Normal
- Nearly Normal
- Abnormal
- Severely Abnormal

Scoring: The HOOS Tool is out of 17 possible responses, if the patient is unable to complete any task, check the N/A column so that it can be deducted from the overall total of responses when computing the mean. The total score for all items are summed and an average is taken based on the numbers of questions that were answered by the patient. Once a mean is obtained, multiple that by 100, and then divide by 4. Then you will take 100 minus that number achieved from the previous formula. A sample formula is shown below.

$100 - \frac{[\text{mean} \times 100]}{4} = \text{ _____ } \% \text{ Function}$
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MEDICARE PATIENTS ONLY
$100\% - \text{ _____ } \% \text{ Function} = \text{ _____ } \% \text{ Impairment}$

Patient Signature

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Therapist Signature

Date