



PATIENT NAME	
DOB	
DOS	

Preserve your legs. Protect your lifestyle.

WOMAC Osteoarthritis Index

Scoring Scale

Each item is scored on a 5-point Likert scale:

- 0 = None
- 1 = Mild
- 2 = Moderate
- 3 = Severe
- 4 = Extreme

1. Pain Subscale

Over the past 48 hours, how much pain have you had:

1. Walking on a flat surface	0	1	2	3	4
2. Going up or down stairs	0	1	2	3	4
3. At night while in bed	0	1	2	3	4
4. Sitting or lying	0	1	2	3	4
5. Standing upright	0	1	2	3	4

Range: 0–20

2. Stiffness Subscale

Over the past 48 hours, how severe has your stiffness been:

1. After first waking in the morning	0	1	2	3	4
2. Later in the day (after sitting, lying, or resting)	0	1	2	3	4

Range: 0–8

3. Physical Function Subscale

Over the past 48 hours, how much difficulty have you had with:

1. Descending stairs	0	1	2	3	4
2. Ascending stairs	0	1	2	3	4
3. Rising from sitting	0	1	2	3	4
4. Standing	0	1	2	3	4
5. Bending to the floor/picking up an object	0	1	2	3	4
6. Walking on flat surface	0	1	2	3	4
7. Getting in/out of a car	0	1	2	3	4
8. Going shopping	0	1	2	3	4
9. Putting on socks/stockings	0	1	2	3	4
10. Rising from bed	0	1	2	3	4
11. Taking off socks/stockings	0	1	2	3	4
12. Lying in bed	0	1	2	3	4
13. Getting in/out of bath	0	1	2	3	4
14. Sitting	0	1	2	3	4
15. Getting on/off toilet	0	1	2	3	4
16. Heavy household duties	0	1	2	3	4
17. Light household duties	0	1	2	3	4

Range: 0–68

Total WOMAC Score

- Range: 0–96
- Higher scores = worse pain, stiffness, and functional limitation.
- Scores can also be normalized to a 0–100 scale if needed:

Normalized Score = (Actual Score ÷ 96) × 100

Interpretation

- 0–19: Mild OA symptoms
- 20–38: Moderate OA symptoms
- 39–58: Severe OA symptoms
- 59–96: Extreme OA impact

PATIENT TOTAL: _____