

# Self- assessment guide

Before you see your orthopaedic surgeon, answer these questions. Together you can consider the extent of your knee or hip problems. Having this form may be a starting point for the conversation or it could save you time in the discussions.

These questions can help your surgeon understand more about the impact of your knee or hip issues. It may help them select the timing and type of surgery to best suit your personal circumstances.

How much do these movements aggravate your knee or hip pain or discomfort? (Tick as appropriate)				
	Not at all	Slightly	Moderately	Severely
Kneeling				
Squatting				
Going up or down stairs				
Getting up from a sitting position				
Lying down on a bed				
Getting up from a bed				
Walking up or down hills				
Exercising				
Getting in or out of a car				
Sleeping				
Sitting for long periods of time				
Standing in queues				
Bending over to tie your shoes				
Playing with children				
Driving, incl. turning around to reverse				
Gardening				
Playing tennis, golf or another sport/physical activity				
Shopping				
Physical intimacy / sex				
Dancing				