

HIP SELF-ASSESSMENT TOOL



IF YOU ARE UNABLE TO AGREE TO ALL OF THE TASKS LISTED YOU SHOULD GET YOUR HIP ASSESSED BY ONE OF OUR MUSCULOSKELETAL PHYSIOTHERAPISTS

	YES	NO
 1. MY HIP DOES NOT DISTURB MY SLEEP	<input type="checkbox"/>	<input type="checkbox"/>
 2. I CAN WALK WITHOUT HIP PAIN	<input type="checkbox"/>	<input type="checkbox"/>
 3. I CAN SIT FOR AS LONG AS I LIKE WITHOUT HIP PAIN	<input type="checkbox"/>	<input type="checkbox"/>
 4. I CAN CROSS MY LEGS WITHOUT PAIN <small>(DO NOT ATTEMPT FOLLOWING HIP REPLACEMENT SURGERY)</small>	<input type="checkbox"/>	<input type="checkbox"/>
 5. I CAN SQUAT WITHOUT HIP/GROIN PAIN	<input type="checkbox"/>	<input type="checkbox"/>
 6.I CAN RUN WITHOUT HIP PAIN	<input type="checkbox"/>	<input type="checkbox"/>
 7.I CAN GO UP AND DOWN STAIRS WITHOUT HIP PAIN	<input type="checkbox"/>	<input type="checkbox"/>



OUR TEAM AT PHYSICA IS HERE TO HELP YOU REGAIN YOUR HEALTH AND ACTIVITY. CONTACT ONE OF OUR TEAM FOR A CHECKUP FROM ONE OF OUR PHYSIOTHERAPISTS