

# Oxford Hip Score

## What's the purpose?

The Oxford Hip Score is a questionnaire that measures how well your hip is working, how easily you can move around, and how much pain you're having. It's often used for people with hip problems—especially before and after hip replacement surgery. It takes about 10 minutes.

## What do I have to do?

You will answer 12 questions about your hip pain, your ability to do daily tasks, and how well you have been able to move around in the last few weeks.

Some of the questions are about:



Walking



Climbing stairs



Shopping



Household chores

## What does my score mean?

Each question is scored from 0 to 4. The best possible overall score is 48. The worst score is 0.

- 40 to 48: You have little or no hip pain and can do daily tasks
- 30 to 39: You may have some pain and difficulty with movement and doing daily tasks
- 20 to 29: You have moderate pain difficulty with movement and doing daily tasks
- 0 to 19: You have a lot of hip pain and trouble doing daily tasks

Your score helps your therapist determine how much your hip pain affects your ability to function. By comparing your score over time, they can see if treatment or rehabilitation is working.

*Talk to your therapist about what the results mean for you.*

To see a full summary of this instrument and more, visit [sralab.org/rehabilitation-measures](http://sralab.org/rehabilitation-measures).  
Questions? Email [rehabmeasures@sralab.org](mailto:rehabmeasures@sralab.org) or call 312.238.2802

