



Having arthritis can make the simplest everyday task difficult. It can be hard to explain to your health care professional how climbing stairs, getting out of a chair, or bathing might be challenging. This tool will help you to identify all the areas where you struggle and how much trouble you have with each item. Simply circle your level of difficulty. 0 means not difficult at all and 10 means it is extremely difficult for you to accomplish.

Pain Level



0

No Pain

1

2



3

4



5

6

7



8

9



10

Extreme Pain

Getting Out of Bed



0

No Difficulty

1

2



3

4



5

6



7

8



9

Extreme Difficulty

10

Climbing Stairs



0

No Difficulty

1

2



3

4



5

6



7

8



9

Extreme Difficulty

10

Descending Stairs



0

No Difficulty

1

2



3

4



5

6



7

8



9

Extreme Difficulty

10

Getting Out of a Chair



0

No Difficulty

1

2



3

4



5

6



7

8



9

Extreme Difficulty

10



Walking



0 1
No Difficulty



2 3



4



5 6



7 8



9 10
Extreme Difficulty

Personal Care



0 1
No Difficulty



2 3



4



5 6



7 8



9 10
Extreme Difficulty

Daily Activity



0 1
No Difficulty



2 3 4



5 6



7 8

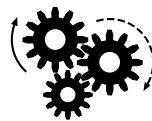


9 10
Extreme Difficulty

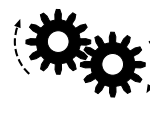
Working



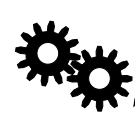
0 1
No Difficulty



2 3 4



5 6



7 8



9 10
Extreme Difficulty

Leisure Activities



0 1
No Difficulty



2 3 4



5 6



7 8



9 10
Extreme Difficulty

Quality of Life



0 1
Excellent



2 3



4 5



6 7



9 10
Poor