



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

10

Extreme Difficulty

Climbing Stairs



0

No Difficulty

1

2



3

4



5

6



7

8



9

10

Extreme Difficulty

Descending Stairs



0

No Difficulty

1

2



3

4



5

6



7

8



9

10

Extreme Difficulty

Getting Out of a Chair



0

No Difficulty

1

2



3

4



5

6



7

8



9

10

Extreme Difficulty



Walking



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Personal Care



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Daily Activity



0

1

2

3

4

5

6

7

8

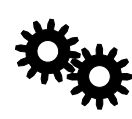
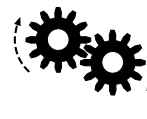
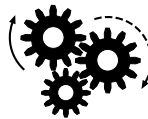
9

10

No Difficulty

Extreme Difficulty

Working



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Leisure Activities



0

1

2

3

4

5

6

7

8

9

10

No Difficulty

Extreme Difficulty

Quality of Life



0

1

2

3

4

5

6

7

8

9

10

Excellent

Poor