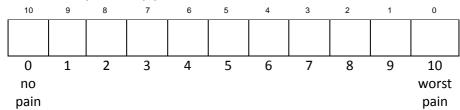
# **VISA-G Questionnaire**

#### **Participant ID:**

0

Please mark <u>one</u> box in each question. Choose the box that best suits you – it may not be perfect. All the questions relate to your <u>HIP</u> pain.

#### Question 1: My usual hip pain is...



### Question 2: I can lie on my sore hip

- <sub>10</sub> □ For longer than 1 hour
- <sub>7</sub> □ For 30 minutes to 1 hour, then I have to move
- 5 ☐ For 15 to 30 minutes, then I have to move
- $\square$  For 5 to 15 minutes, then I have to move
- <sup>0</sup> □ I am unable to lie on my sore side at all

# Question 3: Walking up or down one flight of stairs

- $\Box$  I can use stairs normally with no hip pain
  - $_7$   $\square$  I can use stairs normally with some hip pain
- $\Box$  I can use stairs normally holding onto a banister because of hip pain
- I use stairs one step at a time and holding onto a banister because of hip pain
- <sup>0</sup> ☐ I cannot use stairs at all because of hip pain

### Question 4: Walking up or down a ramp or slope

- $\Box$  I can walk normally up and down a slope or ramp with no hip pain
- $7 \quad \Box$  I can walk normally up and down a slope or ramp with slight hip pain
- 5 ☐ I have some difficulty walking up and down a slope or ramp because of hip pain
- <sup>2</sup> ☐ I have significant difficulty negotiating slopes or ramps because of hip pain
  - ☐ I cannot walk up or down a slope or ramp because of hip pain

Question 5: After sitting for 30 minutes, moving to standing and then		
walking is		
10	□ Not a problem	
7	☐ Difficult for a few steps	
5	☐ I have to stand still for a moment or two before I walk	
2	☐ I have to stand still for less than 20 seconds before I walk	
0	$\hfill\square$ I have to stand still for more than 20 seconds before I walk	
	uestion 6: Work about the house or garden (or similar activity)	
10	$\square$ I can work in my house and/or garden for an hour or more	
7	$\square$ Because of hip pain, I can work in my house and/or garden in 30 to 60	
5	min bursts	
	$\square$ Because of hip pain, I do very limited work in my house and garden	
2	☐ Because of hip pain, I do limited work in my house but I <u>do not</u> garden	
0	$\hfill\Box$ Because of hip pain, I do not do any work in my house or garden	
<u>Qι</u>	uestion 7: Are you currently taking part in regular exercise, physical	
<u>ac</u>	tivity or sport?	
10	☐ Yes — I can exercise as I used to.	
7	$\square$ Somewhat less than I used to.	
4	☐ Significantly less than I used to.	
0	$\square$ No – I am unable to exercise, I don't want to or I don't have time.	

Question 8 has *Three* sections. Please answer section A, B or C ONLY. Does your current hip pain affect your ability to <u>undertake weight bearing activities?</u> (e.g. walking, shopping, running, squats, lunges).

Section A: My hip pain is so severe that it will stop me from <u>walking</u> ,		
	pping, running or other weight bearing exercise.	
ii thi	is is so, how much of this activity do you do each day?	
0	I do not undertake any extra activity on my legs - I only move about	
_	the house.	
2	☐ I do less than 10 minutes.	
5 7	☐ I do 10 – 19 minutes.	
10	☐ I do 20 – 29 minutes.	
	☐ I do more than 30 minutes.	
Sect	ion B: My hip pain is present with exercise, but it does not stop me from	
walk	king, shopping, running or other weight bearing type exercise.	
If thi	s is so, how much of this activity do you do each day?	
0	$\ \square$ I do not undertake any extra activity on my legs - I only move about the house.	
_	☐ I do less than 10 minutes.	
5	☐ I do 10 – 19 minutes.	
10 15		
20	☐ I do 20 – 29 minutes.	
	☐ I do more than 30 minutes.	
Sect	ion C: If you have no pain while you undertake <u>walking, shopping,</u>	
runn	<u>ing or other weight bearing type exercise.</u>	
<u>If thi</u>	s is so, how much of this activity do you do each day?	
6	$\ \square$ I do not undertake any extra activity on my legs - I only move about	
	the house.	
12	$\square$ I do less than 10 minutes.	
18	☐ I do 10 – 19 minutes.	
24	☐ I do 20 – 29 minutes.	
30	☐ I do more than 30 minutes	

TOTAL SCORE = /100