

**YOUR JOINT  
ASSESSMENT**

**Moderate to Severe  
Right Knee Symptoms**

**YOUR JOINT FUNCTION  
LIFESTYLE FACTORS**

**Overweight - Increased joint strain**

**Excellent Weekly Exercise**

***You have moderate to severe symptoms in your right knee.***

*See your doctor for an assessment. Consider a consult with an orthopedic specialist.*

- Your weight is increasing the strain on your joints. Ask your doctor to determine a healthy weight for you.
- Your weekly exercise is excellent. Ask a health care provider or physical therapist to show you how to protect your joints while moving.

**Pain is Personal**

The things that impact quality of life are personal. For example, not being able to stand for a long period of time without pain might affect a cashier, but have much less impact on a truck driver. Only you can determine how your quality of life has been affected by joint pain.

This table shows your answers to some quality of life (QOL) questions. There are many things that impact quality of life. This short list may help you think of some other ways joint pain affects your daily activities.

Share this information with your doctor. Discuss any other ways your joint pain interferes with the things you need or want to do.

Joint Functioning	Rating
Usual level of joint pain	<i>Moderate</i>
Pain in bed at night	<i>Only one or two nights</i>
Pain interferes with usual work	<i>Moderately</i>
Pain on standing up from sitting	<i>Moderately painful</i>
Limping when walking	<i>Sometimes or just at first</i>
Doing household shopping alone	<i>With moderate difficulty</i>
Walking time before severe pain	<i>5 to 15 minutes</i>
Trouble with transport (car/bus)	<i>Moderate trouble</i>
Trouble washing and drying self	<i>Moderate trouble</i>
Sense of knee instability	<i>Sometimes or just at first</i>
Kneel and get back up	<i>With moderate difficulty</i>
Walk down a flight of stairs	<i>With moderate difficulty</i>

9 of 12 answers indicate at least moderate joint symptoms

**According to a US National Health Interview Survey,  
28% of adults over age 20 have joint pain.**

Knees and hips are two of the most common sites of joint pain regardless of age or gender.

## Results

### Not All Joint Pain Is the Same

Joint pain can be caused by many things. It can develop slowly, or it can happen suddenly. Osteoarthritis (OA), which is due to aging, wear and tear is the most common joint disorder.

Joint pain may get better on its own or may require treatment. Some pain may not respond to non-surgical management. If you don't know what's causing your joint pain or the pain isn't getting better, talk with your doctor.

### Osteoarthritis

OA is the most common type of arthritis. It can happen to anyone, but most often occurs after age 45. In OA, joint cartilage slowly breaks down. This causes bones to rub against each other. The result is joint stiffness, pain and loss of movement.

Many different things can play a role in the development of OA. The exact causes are not totally understood, and there is no cure.

Treatment for OA may involve relaxation, education, and social support. If your pain stops you from doing what you want to do, it may be time to discuss surgery with a health care provider.

### Managing Joint Pain

Joint pain can impact your mobility, sleep quality, daily activities, self-care, and more. Only you can determine how much your quality of life is affected by joint pain.

It's very important to tell your health care provider about how joint pain affects you. Together, you should routinely review how well your treatment is controlling pain and how well your joint is working.

### YOUR JOINT ASSESSMENT

**Moderate to Severe  
Right Knee Symptoms**

### About This Assessment

This assessment is based on the Oxford Hip Score (OHS)<sup>1</sup> and the Oxford Knee Score (OKS).<sup>2</sup> They are both 12-item questionnaires that are patient-completed. Both questionnaires have proven to be short, practical, reliable, reproducible, valid, and sensitive to clinically important changes.<sup>1,2</sup>

1. Dawson J, Fitzpatrick R, Carr A, et al. Questionnaire on the perceptions of patients about total hip replacement. *J Bone Joint Surg Br.* 1996;78:185-190.
2. Dawson J, Fitzpatrick R, Murray D, et al. Questionnaire on the perceptions of patients about total knee replacement. *J Bone Joint Surg Br.* 1998;80:63-69.

## Joint Function Lifestyle Factors

Having OA and obesity makes you more likely to need joint replacement surgery. The risk is 3 to 4 times higher than in people who do not have obesity and OA.

The extra weight stresses joints. Fatty tissues may also release substances into the blood that damage cartilage.

Weight loss can:

- Reduce stress on weight-bearing joints
- Limit further injury
- Increase mobility

A healthy diet and regular exercise help reduce weight. See a dietician or a physical therapist if you need help.

### WEIGHT (BMI)

Current

Recommended Goal

180 lbs. - Overweight  
**Increased Joint Strain**

160 lbs. or less - Not Overweight  
**Average Joint Strain**

*Ask a health care provider to determine a healthy weight for you.*

Moving all of your joints will help you. Your health care provider or physical therapist can show you how to move without injury.

Some exercises strengthen muscles that support joints affected by arthritis. Add light weights or exercise bands for extra resistance.

Aerobic activities get your heart pumping and help keep your heart in shape.

Range-of-motion activities keep your joints limber. Balance and agility exercises help you maintain daily living skills. Going for a walk every day will help, too.

As always, check with a doctor before beginning any new exercise routines.

### WEEKLY EXERCISE

Current

Recommended Goal

**Excellent  
Weekly Exercise**

150 min. or more moderate\*  
**Excellent Weekly Exercise**

\*The recommended goal can be met by a mix of moderate and vigorous exercise. Each minute of vigorous exercise is equivalent to 2 minutes of moderate exercise.

Your moderate exercise equivalent is 180 minutes.  
(60 min. moderate & 10 min. vigorous)

NOTICE: Health assessments are based on averages from studies of large groups of people.

Your situation may be different. It is important to discuss your personal situation with your health care provider. This assessment is not intended to replace medical advice from your health care provider, but rather help you set health goals and make healthy lifestyle decisions.

#### DISCLAIMER

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Name: \_\_\_\_\_ mm-dd-yyyy

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**Mt. General Memorial Clinic**

5431 Lake Drive, Minneapolis MN 55401  
1-877-555-0000

**OUR HOSPITALS**

Mt. General Memorial Hospital  
2928 Fifth Ave. SW, Edina, MN 53802  
(555) 555-1100

**Mt. General Memorial Regional Medical Center**

982 West Poplar Drive, St. Paul, MN 50013  
(555) 555-2100

**Mt. General Memorial Community Hospital**

4110 South Virago Parkway, Rush City, MN 59545  
(555) 555-3100

**Mt. General Memorial North Franklinburg Hospital**

890 SE 57th St., Franklinburg, MN 56782  
(555) 555-4100

**Mt. General Memorial Lakeport Hospital**

524 SW Monarch St., Lakeport, MN 57653  
(555) 555-5100

# Risk Palette

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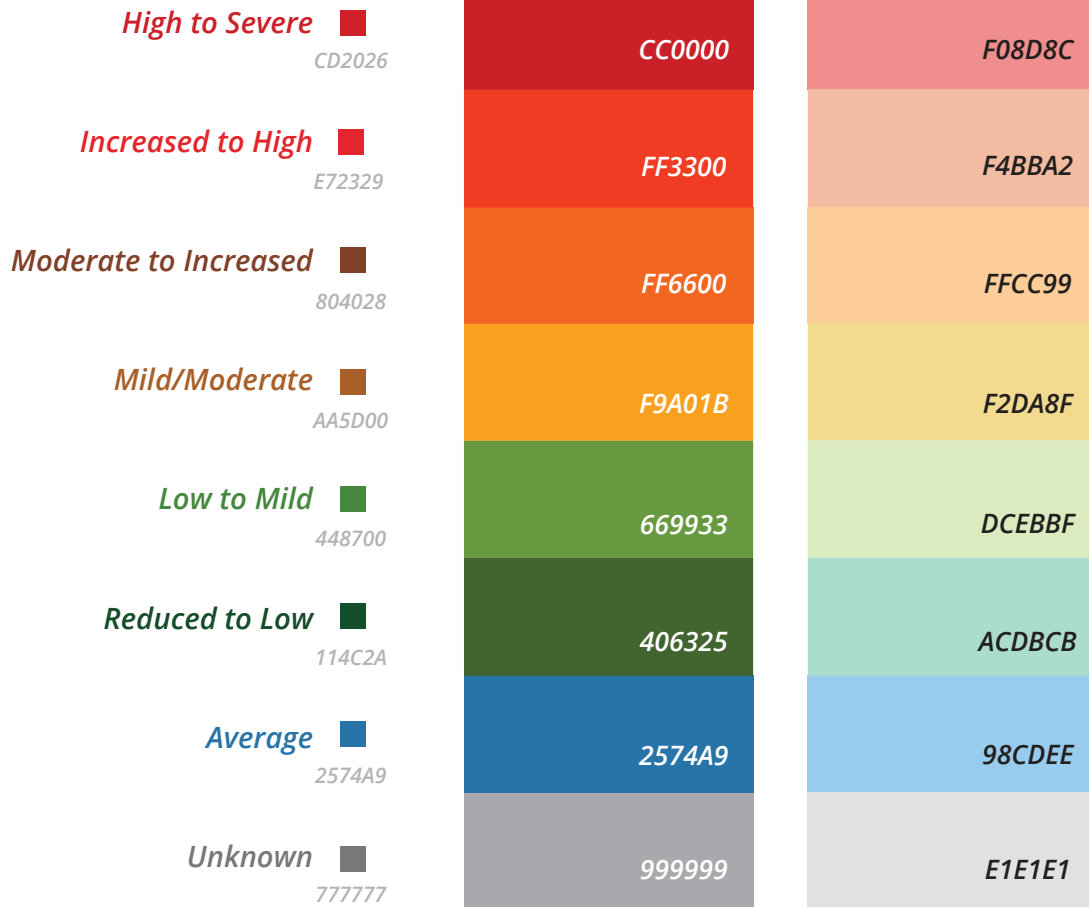
## Text/Charts

## Badges

All Reports

Non-ADA

ADA



## YOUR JOINT ASSESSMENT

jointAssessment

Severe  
{joint} Symptoms

severe\_problems

Moderate to Severe  
{joint} Symptoms

moderate\_problems

Mild to Moderate  
{joint} Symptoms

mild\_problems

No Significant  
{joint} Symptoms

no\_problems

{joint}  
"Left Knee"  
"Right Knee"  
"Left Hip"  
"Right Hip"

## YOUR JOINT FUNCTION LIFESTYLE FACTORS

jointLifestyle\_bmiCategory

Obesity - Increased Joint Strain

obesity

Overweight - Increased Joint Strain

overweight

Not Overweight - Average Joint Strain

not\_overweight

jointLifestyle\_activity

No Weekly Exercise

none

Very Low Weekly Exercise

very\_low

Low Weekly Exercise

low

Excellent Weekly Exercise

excellent

Result Messaging  
Please check Lucidchart for longest version

Primary Message

See LUCIDCHART --> KH Messaging --> Primary Message (Report)

<https://www.lucidchart.com/documents/edit/fd564166-94c6-4cdc-b3e8-e0e321c57792/0>

BMI Category - Bullet 1

See LUCIDCHART --> KH Messaging --> bullet1

<https://www.lucidchart.com/documents/edit/fd564166-94c6-4cdc-b3e8-e0e321c57792/0>

Activity - Bullet 2

See LUCIDCHART --> KH Messaging --> bullet2

<https://www.lucidchart.com/documents/edit/fd564166-94c6-4cdc-b3e8-e0e321c57792/0>

## NOTE CHANGE IN TEXT FROM V2

Joint Functioning	Rating
Usual level of joint pain	<i>Moderate</i>
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Sense of knee instability	<i>Sometimes or just at first</i>
Kneel and get back up	<i>With moderate difficulty</i>
Walk down a flight of stairs	<i>With moderate difficulty</i>

9 of 12 answers indicate at least moderate joint symptoms

Your answers do not indicate significant joint symptoms.

For RATING show actual answer chosen in Profiler

- \*Pain\_describe
  - \*Pain\_night
  - \*Pain\_work
  - \*Pain\_standing
  - \*Pain\_limping
  - jointPain\_shopping
  - knee\_walking OR hip\_walking (NOTE: the time breakpoints are different here)
  - \*\_transportation
  - \*\_washing
  - knee\_concern
  - knee\_kneeling
  - knee\_stairs
- Alternates for hip problems**
- Sudden, severe pain from hip      `hip_severePain`
  - Put on socks/stockings/tights      `hip_socks`
  - Climb a flight of stairs      `hip_stairs`

<--- Tally number of questions with answers <3 points (E.g. moderate, severe, impossible) and show tally instead of "#"

<--- Show if ALL answers are >=3 points

### score color & category

4	Low to Mild
3	Moderate
2	Mild to Moderate
1	Moderate to Severe
0	Severe



**WEIGHT (BMI)**

**Current**  
jointLifestyle\_bmiCategory

### lbs. - Not Overweight <b>Average Joint Strain</b>	not_overweight
### lbs. - Overweight <b>Increased Joint Strain</b>	overweight
### lbs. - Obesity <b>Increased Joint Strain</b>	obesity

Current weight ### lbs. - {text} <b>{level} Joint Strain</b>	Recommended Goal recommendedWeight ### lbs. or less - Not Overweight <b>Average Joint Strain</b>
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{level} = Average OR Increased

**Message if jointLifestyle\_bmiCategory != not\_overweight**

*Ask a health care provider to determine a healthy weight for you.*

WEEKLY EXERCISE

Current  
jointLifestyle\_activity

**Excellent Weekly Exercise**    excellent

**Low Weekly Exercise**    low

**Very Low Weekly Exercise**    very\_low

**No Weekly Exercise**    none

Current    Recommended Goal

**{category} Weekly Exercise**    150 min. or more moderate\*  
**Excellent Weekly Exercise**

DYNAMIC SUB MESSAGE

Your moderate exercise equivalent is **exerciseModerateEquivalent** minutes.  
(### min. moderate & ### min. vigorous)  
**weeklyExercise\_moderate**    **weeklyExercise\_vigorous**