

Hip Follow-Up

Long-Term (2+ Year) Interval- Remote Evaluation



Thank you for being part of Dr. Gross's long-term follow-up program. Monitoring your hip every other year (even when you feel great) helps us catch any early concerns and contributes to research that benefits future patients. Remote follow-up is available for all out-of-state patients and is provided at no charge.

STEP 1

Complete Your Questionnaire

Fill out the Hip Follow-Up Questionnaire (pages 2-4). If both hips were operated on, complete one form per side.

Included in this packet
• Or submit online at grossortho.com

STEP 2

Get Your X-Ray

Obtain AP Pelvis Standing and AP Pelvis Supine x-rays at any local hospital or radiology facility. Use the X-Ray Order form on *the last page*.

1. Mail a CD with .dicom file OR
2. Have radiologists send via Nuance PowerShare

STEP 3

Return Everything to Us

Submit your completed questionnaire using ONE of the three methods below. Dr. Gross personally reviews every submission and you will receive a written response.

Online • Email • Mail (see below)

How to Return Your Questionnaire

ONLINE (Fastest)

Complete the questionnaire at the secure link included in your email. Results go directly to Dr. Gross's team.

EMAIL

Print, then scan or photograph the completed form and email to:
grosspatientfollowup@midorthoneuro.com

MAIL

Print and mail to:
Midlands Orthopaedics & Neurosurgery
ATTN: Gross Follow-Up
1910 Blanding Street, Columbia, SC 29201

***If you are having significant issues or prefer to be seen in person,** please call our appointment line (803-256-4107) or message via the patient portal to schedule. Routine office charges will apply.

QUESTIONS? Contact our follow-up team:

Phone: (803) 933-6127

Email: grosspatientfollowup@midorthoneuro.com

Office: (803) 256-4107

Hip Follow-Up Questionnaire

Complete one form per hip. If both hips were operated on, please fill out a separate form for each side.

PERSONAL INFORMATION

Full Name: _____ Date of Birth (MM/DD/YYYY): _____

Phone Number: _____ Email Address: _____

Mailing Address: _____

ABOUT THIS FOLLOW-UP

1. Where was this form completed? Mail-in In clinic Online Phone
2. This questionnaire is for my: LEFT hip RIGHT hip BOTH hips
3. I have problem/pain in my: LEFT hip RIGHT hip BOTH hips
4. Dr. Gross operated on my: LEFT hip RIGHT hip BOTH hips
5. Dr. Gross performed the following procedure(s): Total Hip Replacement Hip Resurfacing Revision Hip Surgery
6. Another surgeon has operated on my: LEFT hip RIGHT hip BOTH hips

COMPLICATIONS

1. List any complications you experienced after surgery (check all that apply):

- None Fracture
- Wound Infection Loose Implant
- Deep Venous Thrombosis (blood clot) Pulmonary Embolism
- Dislocation Partial Sciatic Palsy
- Other: _____

2. Did any complication require further surgery? Yes - please explain: _____
 No

CLINICAL FUNCTION SCORE

1. My overall pain level: None / insignificant Regularly slight Mild Moderate Severe Disabled
2. Pain location (check all that apply): No pain Groin Buttock Front of thigh Side of thigh Near scar
- 3a. Circle your REGULAR pain level:
- 0 1 2 3 4 5 6 7 8 9 10
 0 = no pain 10 = worst pain
- 3b. Circle your HIGHEST pain level:
- 0 1 2 3 4 5 6 7 8 9 10
 0 = no pain 10 = worst pain
4. Limp severity: None Slight Mild Moderate Severe Disabled

Hip Follow-Up Questionnaire (continued)

CLINICAL FUNCTION SCORE (CONTINUED)

5. Use of walking support:

- | | |
|---|--|
| <input type="checkbox"/> None required | <input type="checkbox"/> Cane/stick for long walks or high activity only |
| <input type="checkbox"/> Cane/stick almost always | <input type="checkbox"/> One crutch almost always |
| <input type="checkbox"/> Two crutches or a walker | <input type="checkbox"/> Unable to move across the room |

6. Walking distance without a break:

- | | |
|--|---|
| <input type="checkbox"/> Over 1 mile / unlimited | <input type="checkbox"/> ~6 blocks / 30 minutes |
| <input type="checkbox"/> ~2-3 blocks / 10-15 minutes | <input type="checkbox"/> Indoor walking only |
| <input type="checkbox"/> Bed and chair only | |

7. How do you take the stairs?:

- | | |
|---|--|
| <input type="checkbox"/> Normally, foot-over-foot, no railing needed | <input type="checkbox"/> Normally, using the railing |
| <input type="checkbox"/> One step at a time, leading with non-painful hip | <input type="checkbox"/> Cannot take the stairs |

8. I am able to put on socks/shoes:

- | | |
|--|--|
| <input type="checkbox"/> With ease | <input type="checkbox"/> With difficulty |
| <input type="checkbox"/> Unable without help | |

9. I can sit comfortably in the following circumstances:

- | | |
|--|--|
| <input type="checkbox"/> Any chair / 1+ hour | <input type="checkbox"/> High chair / 30 minutes |
| <input type="checkbox"/> Unable to sit comfortably | |

10. Getting in/out of a vehicle without help? Yes No

11. Any unrelated orthopedic issues that could affect your score?

(e.g., back pain, arthritis in other hip, knee issues)

- Yes - please describe: _____
- No

12. How does your hip compare to before surgery?

- | | |
|--|--|
| <input type="checkbox"/> Better than my pre-arthritic/healthy hip | <input type="checkbox"/> Feels just like my healthy, pre-arthritic hip |
| <input type="checkbox"/> Much better than before surgery (minor aches) | <input type="checkbox"/> Somewhat better than before surgery |
| <input type="checkbox"/> About the same | <input type="checkbox"/> Worse than before surgery |

ACTIVITY SCORE

1. Choose your current activity level (circle one number):

- 1 — Wholly inactive; dependent on others
- 2 — Mostly inactive; minimum daily activities only
- 3 — Sometimes participates in mild activities (walking, limited shopping)
- 4 — Regularly participates in mild activities
- 5 — Sometimes participates in moderate activities (swimming, unlimited shopping)
- 6 — Regularly participates in moderate activities
- 7 — Regularly participates in active events (cycling)
- 8 — Regularly participates in very active events (bowling, golf)
- 9 — Sometimes participates in impact sports (jogging, tennis, skiing)
- 10 — Regularly participates in impact sports

List regular exercise/activities: _____

Occasional vigorous activities: _____

Compared to before surgery, my activity is now: Higher Similar Lower

Hip Follow-Up Questionnaire (continued)

FORGOTTEN JOINT SCORE

How often are you aware of your artificial joint during the following? Rate each: 1=Never 2=Almost never 3=Seldom 4=Sometimes 5=Mostly

1. In bed / at night

1	2	3	4	5
---	---	---	---	---

2. Sitting on a chair for >1 hour

1	2	3	4	5
---	---	---	---	---

3. Walking for >15 minutes

1	2	3	4	5
---	---	---	---	---

4. When taking a bath/shower

1	2	3	4	5
---	---	---	---	---

5. When traveling in a car

1	2	3	4	5
---	---	---	---	---

6. When climbing stairs

1	2	3	4	5
---	---	---	---	---

7. When walking on uneven ground

1	2	3	4	5
---	---	---	---	---

8. Standing from a low-seated position

1	2	3	4	5
---	---	---	---	---

9. When standing for long periods

1	2	3	4	5
---	---	---	---	---

10. Doing housework or gardening

1	2	3	4	5
---	---	---	---	---

11. When taking a walk/hike

1	2	3	4	5
---	---	---	---	---

12. When doing your favorite sport

1	2	3	4	5
---	---	---	---	---

CONCLUSIONS

1. Are you happy with your decision to have surgery?

Yes

No

2. Are you happy with the outcomes of your surgery?

Yes

No

3. Do you have any additional comments?

Hip X-Ray Order

Bring or present this form to any local hospital or freestanding radiology facility.

ORDERING PHYSICIAN

Thomas P. Gross, MD

Midlands Orthopaedics & Neurosurgery

Rx

Digitally signed: Thomas P. Gross, MD

Date: 2026.JUN.30

PATIENT INFORMATION (Please complete before visiting the radiology facility)

Patient Name: _____

Date of Birth: _____

Address: _____

Date: _____

STEP 1 - Select Your Hip Side

LEFT HIP

Presence of left artificial hip joint

ICD-10: Z96.642

RIGHT HIP

Presence of right artificial hip joint

ICD-10: Z96.641

BILATERAL (Both Hips)

Presence of artificial hip joints, bilateral

ICD-10: Z96.643

STEP 2 - X-Ray Views Required (Obtain BOTH)

View 1: AP Pelvis STANDING

Label image as "STANDING" - Weight-bearing, upright position

View 2: AP Pelvis SUPINE

Label image as "SUPINE" - Lying down, non-weight-bearing

STEP 3 - Send X-Ray Images to Dr. Gross

PREFERRED: Nuance PowerShare (electronic)

Ask the radiology facility to send images via Nuance PowerShare.

Search: Midlands Orthopaedics & Neurosurgery, 1910 Blanding St, Columbia SC 29201

ALTERNATIVE: Mail a CD

Request a CD with digital DICOM image files and mail to:

Midlands Orthopaedics & Neurosurgery, ATTN: Gross MD Hip Follow-Up

1910 Blanding Street, Columbia, SC 29201