

WALKING IMPAIRMENT QUESTIONNAIRE (WIQ)

Walking impairment: These questions ask about the reasons why you have difficulty walking. We would like to know how much difficulty you had walking during the past week. By difficulty, we mean how hard it was or how much physical effort it took to walk because of each of these problems.

PAD SPECIFIC QUESTIONS

DEGREE OF DIFFICULTY

	None	Slight	Some	Much	Very
Pain, aching or cramps in your calves (or buttocks)?					
RIGHT LEG	4	3	2	1	0
LEFT LEG	4	3	2	1	0
BOTH LEGS	4	3	2	1	0

DIFFERENTIAL DIAGNOSIS

DEGREE OF DIFFICULTY

	None	Slight	Some	Much	Very
1. Pain, stiffness or aching in your joints (ankles, knees or hips)?	4	3	2	1	0
2. Weakness in one or both of your legs?	4	3	2	1	0
3. Pain or discomfort in your chest?	4	3	2	1	0
4. Shortness of breath?	4	3	2	1	0
5. Heart palpitations?	4	3	2	1	0
6. Other problems? (please list)	4	3	2	1	0

Walking distance: Report the degree of physical difficulty that best describes how hard it was for you to walk on level ground without stopping to rest for each of the following distances during the last week:

DISTANCE

DEGREE OF DIFFICULTY

	None	Slight	Some	Much	Unable
1. Walking indoors such as around your home?	4	3	2	1	0
2. Walking 50 feet?	4	3	2	1	0
3. Walking 150 feet (1/2 block)?	4	3	2	1	0
4. Walking 300 feet (1 block)?	4	3	2	1	0
5. Walking 600 feet (2 blocks)?	4	3	2	1	0
6. Walking 900 feet (3 blocks)?	4	3	2	1	0
7. Walking 1500 feet (5 blocks)?	4	3	2	1	0

Walking speed: Report the degree of difficulty that best describes how hard it was for you to walk one city block on level ground at each of these speeds without stopping to rest during the last week:

SPEED	DEGREE OF DIFFICULTY				
	None	Slight	Some	Much	Unable
1. Walking one block slowly?	4	3	2	1	0
2. Walking one block at an average speed?	4	3	2	1	0
3. Walking one block quickly?	4	3	2	1	0
4. Walking or jogging one block?	4	3	2	1	0

Stair climbing: For each of these questions, report the degree of physical difficulty that best describes how hard it was for you to climb stairs without stopping to rest during the past week:

STAIRS	DEGREE OF DIFFICULTY				
	None	Slight	Some	Much	Unable
1. Climbing one flight of stairs?	4	3	2	1	0
2. Climbing two flights of stairs?	4	3	2	1	0
3. Climbing three flights of stairs?	4	3	2	1	0