

Name: _____

Date: _____

The Lower Extremity Functional Scale

We are interested in knowing whether you are having any difficulty at all with the activities listed below **because of your lower limb problem** for which you are currently seeking attention. Please provide an answer for **each** activity.

Today, *do you or would you* have any difficulty at all with:

| | Activities | Extreme Difficulty or Unable to Perform Activity | Quite a Bit of Difficulty | Moderate Difficulty | A Little Bit of Difficulty | No Difficulty |
|----------------|--|--|------------------------------|------------------------|-------------------------------|---------------|
| 1 | Any of your usual work, housework, or school activities. | 0 | 1 | 2 | 3 | 4 |
| 2 | Your usual hobbies, re creational or sporting activities. | 0 | 1 | 2 | 3 | 4 |
| 3 | Getting into or out of the bath. | 0 | 1 | 2 | 3 | 4 |
| 4 | Walking between rooms. | 0 | 1 | 2 | 3 | 4 |
| 5 | Putting on your shoes or socks. | 0 | 1 | 2 | 3 | 4 |
| 6 | Squatting. | 0 | 1 | 2 | 3 | 4 |
| 7 | Lifting an object, like a bag of groceries from the floor. | 0 | 1 | 2 | 3 | 4 |
| 8 | Performing light activities around your home. | 0 | 1 | 2 | 3 | 4 |
| 9 | Performing heavy activities around your home. | 0 | 1 | 2 | 3 | 4 |
| 10 | Getting into or out of a car. | 0 | 1 | 2 | 3 | 4 |
| 11 | Walking 2 blocks. | 0 | 1 | 2 | 3 | 4 |
| 12 | Walking a mile. | 0 | 1 | 2 | 3 | 4 |
| 13 | Going up or down 10 stairs (about 1 flight of stairs). | 0 | 1 | 2 | 3 | 4 |
| 14 | Standing for 1 hour. | 0 | 1 | 2 | 3 | 4 |
| 15 | Sitting for 1 hour. | 0 | 1 | 2 | 3 | 4 |
| 16 | Running on even ground. | 0 | 1 | 2 | 3 | 4 |
| 17 | Running on uneven ground. | 0 | 1 | 2 | 3 | 4 |
| 18 | Making sharp turns while running fast. | 0 | 1 | 2 | 3 | 4 |
| 19 | Hopping. | 0 | 1 | 2 | 3 | 4 |
| 20 | Rolling over in bed. | 0 | 1 | 2 | 3 | 4 |
| Column Totals: | | | | | | |

Minimum Level of Detectable Change (90% Confidence): 9 points SCORE: ____ / 80 (fill in the blank with the sum of your responses)

Source: Binkley et al (1999): The Lower Extremity Functional Scale (LEFS): Scale development, measurement properties, and clinical application. Physical Therapy. 79:371-383.