

Patient Name: _____ Date: _____

Lower Extremity Functional Scale (LEFS)

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, recreational 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:						

Total Score: ____/80 = ____% physical function

MEDICARE PATIENTS ONLY

100% - ____% Function = ____% Impairment

Patient Signature: _____ Date: _____

Therapist Signature: _____ Date: _____

LEFS score = SUM (points for all 20 activities) Interpretation:

- Minimum score: 0
- Maximum score: 80
- The lower the score the greater the disability.
- The Minimal Detectable Change (MDC) is 9 scale points.
- The Minimal clinically Important Difference (MCID) is 9 scale points.

Percent of maximal function = (LEFS score) / 80 * 100 Performance:

- The potential error at a given point in time was +/-5.3 scale points.
- Test-retest reliability was 0.94.
- Construct reliability was determined by comparison with the SF36. The scale was found to be reliable with a sensitivity to change superior to the SF36.

References: Binkley JM Stratford PW et al. The Lower Extremity Functional Scale (LEFS): Scale development measurement properties and clinical application. Physical Therapy. 1999; 79: 371383 (Appendix page 383).