

Lower Extremity Fxnl Scale Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty
a. Any of your usual work, housework, or school activities.	0	1	2	3	4
b. Your usual hobbies, recreational, or sporting activities.	0	1	2	3	4
c. Getting into or out of your bathtub.	0	1	2	3	4
d. Walking between rooms.	0	1	2	3	4
e. Putting on your shoes and socks.	0	1	2	3	4
f. Squatting.	0	1	2	3	4
g. Lifting an object, like a bag of groceries from the floor.	0	1	2	3	4
h. Performing light activities around your home.	0	1	2	3	4
i. Performing heavy activities around your home.	0	1	2	3	4
j. Getting into or out of a car.	0	1	2	3	4
k. Walking 2 blocks.	0	1	2	3	4
l. Walking a mile.	0	1	2	3	4
m. Going up or down 10 stairs (about 1 flight).	0	1	2	3	4
n. Standing for 1 hour.	0	1	2	3	4
o. Sitting for 1 hour.	0	1	2	3	4
p. Running on even ground.	0	1	2	3	4
q. Running on uneven ground.	0	1	2	3	4
r. Making a sharp turn while running fast.	0	1	2	3	4
s. Hopping.	0	1	2	3	4
t. Rolling over in bed.	0	1	2	3	4
Column Totals:					
SCORE: / 80					

¹Binkley et al. "The Lower Extremity Functional Scale (LEFS): Scale Development, Measurement Properties, and Clinical Application". Physical Therapy: Vol. 79, No. 4, April, 1999, pp 371-383.

Needs to get 9 pts. better ↑

Name: _____

Date: _____