

Lower Extremity Functional Scale

Name: _____

DATE: _____

Today do you or would you have any difficulty with these activities?

Check ONE box next to each question...

Any of your usual work housework or school activities

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Your usual hobbies recreational/sporting activities

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Getting into or out of the bath

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Walking between rooms

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Putting on your shoes or socks

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Squatting

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Lifting an object like a bag of groceries from the floor

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Performing light activities around your home

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Performing heavy activities around your home

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Getting into or out of a car

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Walking 2 blocks (about 1/6th mile; about 250 meters)

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Walking 1 mile (1.6 km)

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Going up or down 10 steps (about 1 flight of stairs)

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Standing for 1 hour

- Unable to perform activity; extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Sitting for 1 hour

- Unable to perform activity; extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Running on even ground

- Unable to perform activity; extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Running on uneven ground

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Making sharp turns while running fast

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Hopping

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Rolling over in bed

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty