## LOWER EXTREMITY FUNCTIONAL SCALE<sup>1</sup>



SECTION 2: TO BE COMPLETED BY PATIENT  We are interested in knowing whether you are having any difficulty at all with the activities I problem for which you are currently seeking attention. Please provide an answer for each a Today do you, or would you have difficulty at all with:  Circle one number  Extreme Difficulty or Unable to Perform Activity a. Any of your usual work, housework or school activities.  0 1 b. Your usual hobbies, recreational or sporting activities. 0 1 c. Getting into or out of the bath. 0 1 d. Walking between rooms. 0 1 e. Putting on your shoes or socks. 0 1 f. Squatting 0 1 g. Lifting an object, like a bag of groceries from the floor. 0 1 h. Performing light activities around your home. 1 i. Performing heavy activities around your home. 0 1 j. Getting into or out of a car. 0 1 k. Walking 2 blocks. 0 1 I. Walking a mile. 0 1 m. Going up or down 10 stairs (about 1 flight of stairs). 0 1 n. Standing for 1 hour. 0 1 q. Running on uneven ground. 0 1 the third interested in the activities of a car. 0 1 the p. Running on uneven ground. 0 1 the third interested in the activities around. 0 1 the third interested in the activities around. 0 1 the p. Running on uneven ground. 0 1	(this episoc	40)		
We are interested in knowing whether you are having any difficulty at all with the activities I problem for which you are currently seeking attention. Please provide an answer for each a Today do you, or would you have difficulty at all with:  (Circle one number    Extreme Difficulty or Unable to Perform Activity   Outline a bit of Difficulty or Unable to Perform Activity   Outline a Difficulty or Unable to Perform Activities and Activities a Difficulty or Unable to Perform Activities   Outline a Difficulty or Unable to Perform Activities   Out		er Extremity pain:(this episode)		
Extreme Difficulty or Unable to Perform Activity a. Any of your usual work, housework or school activities.  b. Your usual hobbies, recreational or sporting activities.  c. Getting into or out of the bath.  d. Walking between rooms.  e. Putting on your shoes or socks.  f. Squatting g. Lifting an object, like a bag of groceries from the floor.  h. Performing light activities around your home.  i. Performing heavy activities around your home.  j. Getting into or out of a car.  k. Walking 2 blocks.  l. Walking a mile.  m. Going up or down 10 stairs (about 1 flight of stairs).  n. Standing for 1 hour.  o. Sitting for 1 hour.  p. Running on uneven ground.				
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c. Getting into or out of the bath.  d. Walking between rooms.  e. Putting on your shoes or socks.  f. Squatting  g. Lifting an object, like a bag of groceries from the floor.  h. Performing light activities around your home.  i. Performing heavy activities around your home.  j. Getting into or out of a car.  k. Walking 2 blocks.  l. Walking a mile.  m. Going up or down 10 stairs (about 1 flight of stairs).  o. Sitting for 1 hour.  o. Sitting for 1 hour.  o. Sitting on uneven ground.  q. Running on uneven ground.	2	3	4	
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g. Lifting an object, like a bag of groceries from the floor.  h. Performing light activities around your home.  i. Performing heavy activities around your home.  j. Getting into or out of a car.  k. Walking 2 blocks.  l. Walking a mile.  m. Going up or down 10 stairs (about 1 flight of stairs).  n. Standing for 1 hour.  o. Sitting for 1 hour.  p. Running on even ground.  q. Running on uneven ground.	2	3	4	
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j. Getting into or out of a car.  k. Walking 2 blocks.  l. Walking a mile.  m. Going up or down 10 stairs (about 1 flight of stairs).  n. Standing for 1 hour.  o. Sitting for 1 hour.  p. Running on even ground.  q. Running on uneven ground.	2	3	4	
k. Walking 2 blocks.  l. Walking a mile.  m. Going up or down 10 stairs (about 1 flight of stairs).  n. Standing for 1 hour.  o. Sitting for 1 hour.  p. Running on even ground.  q. Running on uneven ground.	2	3	4	
I. Walking a mile.  o  n. Going up or down 10 stairs (about 1 flight of stairs).  o  1  n. Standing for 1 hour.  o. Sitting for 1 hour.  p. Running on even ground.  q. Running on uneven ground.	2	3	4	
m. Going up or down 10 stairs (about 1 flight of stairs).  n. Standing for 1 hour.  o. Sitting for 1 hour.  p. Running on even ground.  q. Running on uneven ground.  o 1	2	3	4	
n. Standing for 1 hour.  o. Sitting for 1 hour.  p. Running on even ground.  q. Running on uneven ground.  o 1	2	3	4	
o. Sitting for 1 hour.  p. Running on even ground.  q. Running on uneven ground.  0 1  1	2	3	4	
p. Running on even ground.  q. Running on uneven ground.  0 1	2	3	4	
q. Running on uneven ground.  0 1	2	3	4	
	2	3	4	
r. Making sharp turps while rupping fact	2	3	4	
r. Making sharp turns 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:				

<sup>&</sup>lt;sup>1</sup> adapted from Binkley J et al; Phys Ther; 79: 371-383, 1999.