

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.