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:

1 Any of your usual work, housework, or school activities. 2 Your usual hobbies, re creational or sporting activities. 3 Getting into or out of the bath. 4 Warking between noons, 5 Putting on your shoes or socks. 5 Putting an object, like a bag of groowies from the floor. 6 Performing light activities around your home. 9 Performing heavy activities around your home. 10 Getting into or out of a car. 11 Warking 2 blocks. 12 Warking 2 blocks. 13 Warking a mile. 14 Standing for 1 hour. 15 Standing for 1 hour. 16 Running on even ground. 17 Running on even ground. 18 Making sharp turns white running fast. 19 Rolling over in bed. 10 Rolling over in bed. 11 Warking over in bed. 12 Rolling over in bed.		Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	5 20
Your usual hobbies, re-creational or sporting activities. Getting into or out of the bath. Walking between rooms. Pruting on your shoes or socks. Squatting. Ufting an object, like a bag of groomes from the floor. Penforming light activities around your home. Penforming heavy activities around your home. Getting into or out of a car. Walking 2 blocks. Walking a mile. Going up or down 10 stains (about 1 flight of stains). Standing for 1 hour. Standing for 1 hour. Running on uneven ground. Making sharp turns while running fast. Hopping. Rolling over in bed.	+	Any of your usual work, housework, or school activities	0	-	Ī	0
Getting anto or out of the bags. Wasking between rocks. Putting on your shoes or socks. Squatting. Ufting an object, like a bag of groomes from the floor. Performing light activities around your home. Performing heavy activities around your home. Performing a mile. Getting into or out of a car. Wasking 2 blocks. Wasking 2 blocks. Wasking a mile. Going up or down 10 stains (about 1 flight of stains). Standing for 1 hour. Standing for 1 hour. Standing for 1 hour. Romang on uneven ground. Rolling sharp turns while running fast. Rolling over in bed.	2	Your usual hobbies, re-creational or sporting activities.	0	-	I	
Walking between noons. Putting on your shoes or socks. Squatting. Ufting an object, like a bag of groomes from the floor. Performing light activities around your home. Performing heavy activities around your home. Getting into or out of a car. Walking a mile. Walking a mile. Walking a mile in thour. Standing for 1 hour. Standing for 1 hour. Ronning on even ground. Rolling sharp turns white running fast. Rolling over in bed.	ú	Getting into or out of the buth.	0	4	Ī	3
Putting on your shoes or socks. Squatting. Uffing an object, like a bag of groomes from the floor. Performing light activities around your home. Performing heavy activities around your home. Ordering into or out of a car. Wasking 2 blocks. Wasking a mile. Geling up or down 10 stains (about 1 flight of stains). Standing for 1 hour. Standing for 1 hour. Running on uneven ground. Rolling sharp turns white running fast. Rolling over in bed.	D-	Walking between rooms	0		T	000
Equating Uting an object, like a bag of groceres from the floor Performing light activities around your home Performing heavy activities around your home Performing heavy activities around your home Getting into or out of a car. Wasking 2 blocks. Wasking a mile Geting up or down 10 stains (about 1 flight of stains). Standing for 1 hour. Standing for 1 hour. Running on uneven ground. Rolling sharp turns while running fast. Rolling over in bed.	US.	Putting on your shoes or socks	0		T	2 1
Utting an object, like a bag of groomes from the floor. Performing light activities around your home. Performing heavy activities around your home. Getting into or out of a car. Wasking 2 blocks. Wasking a mile. Getting up or down 10 stains (about 1 flight of stains). Standing for 1 hour. Standing for 1 hour. Running on siven ground. Running on uneven ground. Rolling sharp turns while running fast. Rolling over in bed.	0	Squating	0		1	1
Performing light activities around your home Porforming heavy activities around your home Getting into or out of a car. Warking 2 blocks. Warking a mile Going up or down 10 stains (about 1 flight of stains). Standing for 1 hour. Sitting for 1 hour. Flunning on even ground Running on uneven ground Hopping Rolling over in bed.	*		0		1	3
Performing heavy activities around your home. Getting into or out of a car. Wasking 2 blocks. Wasking a mile. Going up or down 10 stains (about 1 flight of stairs). Standing for 1 hour. Standing on even ground. Running on uneven ground. Making sharp turns while running fast. Hopping.	o	Performing light activities around your home	0		T	9
Getting into or out of a car. Wasking 2 blocks. Wasking 2 blocks. Going up or down 10 stains (about 1 flight of stains). Standing for 1 hour. Standing for 1 hour. Standing on even ground. Running on uneven ground. Making sharp turns white running fast. Hopping. Rolling over in bed.	9	Performing heavy activities around your home	0		T	9
Wasking 2 blocks Wasking a mile Going up or down 10 stairs (about 1 flight of stairs). Standing for 1 hour. String for 1 hour. Fourning on even ground. Fourning on uneven ground. Making sharp turns while running fast. Hopping. Rolling over in bed.	10	Getting into or out of a car.	0	-	T	9 1
Wasting a mile Geing up or down 10 stairs (about 1 flight of stairs). Standing for 1 hour. Siting for 1 hour. Running on even ground. Running on uneven ground. Making afterp turns while running fast. Hopping. Rolling over in bed.		Walking 2 blocks	0	-	T	30
Going up or down 10 stairs (about 1 flight of stairs). Standing for 1 hour. Sitting for 1 hour. Running on even ground. Running on uneven ground. Making sharp turns while running fast. Hopping. Rolling over in bed.	zi.	Wasing a mile	0	-	T	9 0
Standing for 1 hour. Sitting for 1 hour. Fourning on even ground. Running on uneven ground. Making sharp turns while running fast. Rolling over in bed.	Tal.	-	0	-	T	2 1
Sitting for 5 hour. Running on even ground. Running on uneven ground. Making sharp turns while running fast. Hopping. Rolling over in bed.	K		0	-	7	3
Running on even ground Running on uneven ground Making sharp turns while running fast Hopping Rolling over in bed	Ġ	Sitting for 1 hour.	0		T	2
Rolling over in bed	ö	Running on even ground	0		T	3
Making sharp turns white running fast. Hopping. Rolling over in bed.	17	Running on uneven ground	0	-	T	2
Rolling over in bed	er er	Making sharp turns while running tast	0	-	T	2
Rolling over in bed	29	Hopping	0	-	T	1
	20	Rolling over in bed	0	_	П	13

Minimum Level of Detectable Change (50% Confidence): 9 points

SCORE: /80

Please submit the sum of responses. Reprinted from Binkley, J., Strafford, P., Lott, S., Roslin, D., & The North American Ontropositic Robubilitation Research Network, The Lower Extremely Functional Scale: Scale development, measurement properties, and clinical application, Physical Therapy, 1989, 79, 4371-383, with permission of the American Physical Therapy Association.