

Lower Extremity Functional Scale (LEFS)

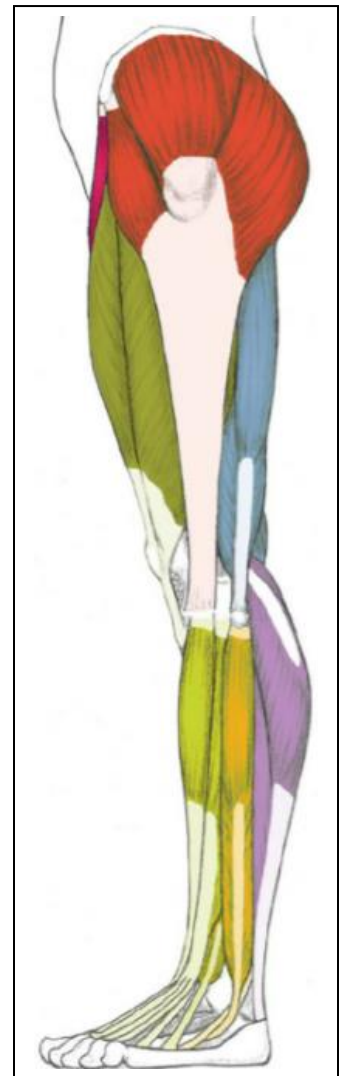
PATIENT NAME: _____ DATE OF BIRTH: _____

Instructions: 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:

1. Any of your usual work, housework, or school activities	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
2. Your usual hobbies, recreational or sporting activities	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
3. Getting into or out of the bath	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
4. Walking between rooms	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
5. Putting on your shoes or socks	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
6. Squatting	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
7. Lifting an object, like a bag of groceries from the floor	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
8. Performing light activities around your home	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
9. Performing heavy activities around your home	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
10. Getting into or out of a car	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
11. Walking two blocks	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
12. Walking one mile	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
13. Going up or down 10 stairs (about one flight)	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
14. Standing for one hour	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None



Be sure to scroll to the 2nd page

15. Sitting for one hour	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
16. Running on even ground	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
17. Running on UN-even ground	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
18. Making sharp turns while running fast	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
19. Hopping	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None
20. Rolling over in bed	Unable/Extreme difficulty	Quite a bit	Moderate	A little	None

FOR OFFICE USE ONLY

0 - Unable or Extreme difficulty	1 - Quite a bit of difficulty	2 - Moderate difficulty	3 - A little bit of difficulty	4 - No difficulty	TOTALS