

# Lower Extremity Functional Scale

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please circle the number that corresponds to the level of difficulty you would have performing each of the activities listed below.

## Any of your usual work housework or school activities

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Your usual hobbies recreational or sporting activities

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Getting into or out of the bath

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Walking between rooms

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Putting on your shoes or socks

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Squatting

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Lifting an object like a bag of groceries from the floor

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Performing light activities around your home

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Performing heavy activities around your home

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

## Getting into or out of a car

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

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

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

**Walking 1 mile (1.6 km)**

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

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

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

**Standing for 1 hour**

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

**Sitting for 1 hour**

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

**Running on uneven ground**

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

**Making sharp turns while running fast**

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

**Hopping**

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

**Rolling over in bed**

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty

**Running on even ground**

- 0 Unable to perform activity or extreme difficulty
- 1 Quite a bit of difficulty
- 2 Moderate difficulty
- 3 A little bit of difficulty
- 4 No difficulty