

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

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

## The Lower Extremity Functional Scale (LEFS)

Overview: The Lower Extremity Functional Scale (LEFS) can be used to evaluate the functional impairment of a patient with a disorder of one or both lower extremities. It can be used to monitor the patient over time and to evaluate the effectiveness of an intervention. The authors are from McMaster University in Hamilton, Ontario.

**Patient Instructions:** Today, do you or would you have any difficulty at all with these activities?

Please <u>Check</u> the correct response for each question	Unable to perform activity or extreme difficulty	Quite a bit of difficulty	Moderate difficulty	A little bit of difficulty	No difficulty
	0	1	2	3	4
Any of your usual work, housework, or school activities.					
Your usual hobbies, recreational or sporting activities					
Getting into or out of the bath					
Walking between rooms					
Putting on your shoes or socks					
Squatting					
Lifting an object like a bag of groceries from the floor					
Performing light activities around your home					
Performing heavy activities around your home					
Getting into or out of a car					
Walking 2 blocks (about 1/6 <sup>th</sup> mile or about 250 meters)					
Walking 1 mile (1.6 km)					
Going up or down 10 steps (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					
Therapist Use: Total Score: / 80					

References: Binkley JM Stratford PW et al. The Lower Extremity Functional Scale (LEFS): Scale development measurement properties and clinical application. Physical Therapy. 1999; 79: 371-383 (Appendix page 383).