

Lower Extremity Functional Scale

| Date: | | | | | |
|---|---|---|---|----------------|---|
| Patient's name: | | | | Date of birth: | |
| Medical history (if needed): | | | | | |
| | | | | | |
| Symptoms (if needed): | | | | | |
| | | | | | |
| <p>We want to know whether you are having difficulties performing the tasks listed below because of your lower limb issues. Please provide an answer for each activity based on how your lower limb feels today using this scale:</p> <p style="text-align: center;">0 - Extreme difficulty or unable to perform activity; 1 - Quite a bit of difficulty; 2 - Moderate difficulty; 3 - A little bit of difficulty; 4 -No difficulty</p> | | | | | |
| Today, do you or would you have any difficulty at all with: | | | | | |
| Activities | 0 | 1 | 2 | 3 | 4 |
| 1. Any of your usual work, housework, or school activities | | | | | |
| 2. Your usual hobbies, recreational, or sporting activities | | | | | |
| 3. Getting into or out of the bath | | | | | |
| 4. Walking between rooms | | | | | |
| 5. Putting on shoes or socks | | | | | |
| 6. Squatting | | | | | |
| 7. Lifting an object like groceries or a bag | | | | | |
| 8. Doing light activities around the house | | | | | |
| 9. Performing heavy activities around the house | | | | | |
| 10. Getting into a car | | | | | |
| 11. Walking 2 blocks | | | | | |
| 12. Walking a mile | | | | | |
| 13. Going up and down 10 stairs (about a flight) | | | | | |
| 14. Standing for 1 hour | | | | | |
| 15. Sitting for 1 hour | | | | | |

| Activities | 0 | 1 | 2 | 3 | 4 |
|--|---|---|---|---|---|
| 16. Running on even ground | | | | | |
| 17. Running on uneven ground | | | | | |
| 18. Making sharp turns while running fast | | | | | |
| 19. Hopping | | | | | |
| 20. Rolling over in bed | | | | | |
| Total score: | | | | | |
| Scoring and interpretation | | | | | |
| <p>Sum the total score of responses. A lower score indicates greater disability, while a higher score suggests better functional ability.</p> <ul style="list-style-type: none"> • The maximum possible score is 80, indicating no functional limitations. • The minimum score is 0, indicating extreme limitations in lower extremity function. <p>The minimal detectable change (MDC) is 9 points, meaning a change of more than 9 points is considered a true change in the patient's condition.</p> <p>The minimal clinically important difference (MCID) is also 9 points, suggesting that a change greater than this value is clinically meaningful for the patient.</p> | | | | | |
| Additional notes | | | | | |
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Binkley, J. M., Stratford, P. W., Lott, S. A., & Riddle, D. L. (1999). The Lower Extremity Functional Scale (LEFS): Scale development, measurement properties, and clinical application. *Physical Therapy, 79*(4), 371–383. <https://pubmed.ncbi.nlm.nih.gov/10201543/>