

Lower Extremity Functional Scale

Today do you or would you have any difficulty at all with these activities?

Any of your usual work housework or school activities

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Your usual hobbies recreational or sporting activities

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Getting into or out of the bath

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Walking between rooms

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Putting on your shoes or socks

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty
- No difficulty

Squatting

- Unable to perform activity or extreme difficulty
- Quite a bit of difficulty
- Moderate difficulty
- A little bit of difficulty

No difficulty

Lifting an object like a bag of groceries from the floor

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Performing light activities around your home

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Performing heavy activities around your home

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Getting into or out of a car

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

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

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Walking 1 mile (1.6 km)

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

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

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Standing for 1 hour

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Sitting for 1 hour

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Running on even ground

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Running on uneven ground

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Making sharp turns while running fast

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Hopping

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

Rolling over in bed

Unable to perform activity or extreme difficulty

Quite a bit of difficulty

Moderate difficulty

A little bit of difficulty

No difficulty

LEFS score = SUM (points for all 20 activities) Interpretation:

- Minimum score: 0
- Maximum score: 80
- The lower the score the greater the disability.
- The Minimal Detectable Change (MDC) is 9 scale points.
- The Minimal clinically Important Difference (MCID) is 9 scale points.

Percent of maximal function = (LEFS score) / 80 * 100 Performance:

- The potential error at a given point in time was +/- 5.3 scale points.
- Test-retest reliability was 0.94.
- Construct reliability was determined by comparison with the SF-36. The scale was found to be reliable with a sensitivity to change superior to the SF-36.

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).

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