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 = \( \frac{\text{LEFS score}}{80} \times 100 \) 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.