

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).