

Brazos Orthopedic Physical Therapy

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Lower extremity functional scale

Today do you or would you have any difficulty at all with these activities? Check one that best describes you.

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

Lower extremity functional scale

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

Lower extremity functional scale

Walking 2 blocks (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

Lower extremity functional scale

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