

The Lower Extremity Functional Scale (LEFS)

DATE: _____

Overview: The Lower Extremity Functional Scale (LEFS) can be used to evaluate the functional impairment of a patient with a disorder of one or both lower extremities. It can be used to monitor the patient over time and to evaluate the effectiveness of an intervention. The authors are from McMaster University in Hamilton Ontario.

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

<p>Key 0 = Unable to perform 1 = Quite a bit of difficulty 2 = Moderate difficulty 3 = A little bit of difficulty 4 = NO Difficulty</p>

Activities (20):	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 your shoes or socks					
(6) squatting					
(7) lifting an object like a bag of groceries from the floor					
(8) performing light activities around your home					
(9) performing heavy activities around your home					
(10) getting into or out of a car					
(11) walking 2 blocks (about 1/6th mile or about 250 meters)					
(12) walking 1 mile (1.6 km)					
(13) going up or down 10 steps (about 1 flight of stairs)					
(14) standing for 1 hour					
(15) sitting for 1 hour					
(16) running on even ground					
(17) running on uneven ground					
(18) making sharp turns while running fast					
(19) hopping					
(20) rolling over in bed					
Sub -Total					

Percentage of Maximal Function _____ 100 X _____ Total Score
80

Min Detectable Change (MDC) = 9 scale points
 Min Clinically Important Difference (MCID) = 9 Scale points