

## Lower Extremity Functional Scale (LEFS)

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We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your lower extremity problem for which you are currently seeking attention.

**Today, do you or would you have any difficulty at all with: Any of your usual work, housework or school activities**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Your usual hobbies, recreational or sporting activities**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Getting into or out of the bath**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Walking between rooms**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Putting on your shoes or socks**

- ☐ Extreme difficulty or unable to perform activity

- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Squatting**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Lifting an object, like a bag of groceries from the floor**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Performing light activities around your home**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Performing heavy activities around your home**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Getting into or out of a car**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty

☐ No difficulty

**Today, do you or would you have any difficulty at all with: Walking 2 blocks**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Walking a mile**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Going up or down 10 stairs  
(about 1 flight of stairs)**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Standing for 1 hour**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Sitting for 1 hour**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Running on even ground**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty

- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Running on uneven ground**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Making sharp turns while running fast**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Hopping**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty

**Today, do you or would you have any difficulty at all with: Rolling over in bed**

- ☐ Extreme difficulty or unable to perform activity
- ☐ Quite a bit of difficulty
- ☐ Moderate difficulty
- ☐ A little bit of difficulty
- ☐ No difficulty