

Lower Extremity Functional Scale

What's the purpose?

The Lower Extremity Functional Scale is a questionnaire that measures how difficult it is for you to do everyday tasks and how well you can get around. It is used with people who have problems with their lower extremities, such as people who have osteoarthritis, joint pain, fractures, injuries or chronic pain. The lower extremities include the hips, knees, legs, ankles and feet.

What do I have to do?

You will rate your ability to perform 20 daily activities on a scale of 0 to 4 where 0 means you have extreme difficulty completing a task and 4 means you have no difficulty completing the task.

Some of the the activities include:



Household chores



Bathing



Putting on shoes and socks



Picking up objects



Sitting



Sports and
hobbies



Turning
over in bed



Lifting heavy
objects



standing



Using stairs

What does my score mean?

Your therapist will add up your score for each individual task to get your total score. Scores can range from a minimum of 0 to a maximum of 80. Scores between 61 and 80 mean that you have little limitation related to your lower extremities. A score of 41 to 60 indicates mild to moderate limitation in how you use your lower extremities. A score of 20 to 40 suggests moderate to severe lower extremity limitation. A score of 0 to 20 indicates severe limitation.

Talk to your therapist about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802