

**“THE LOWER EXTREMITY FUNCTIONAL SCALE”**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your lower limb problem for which you are currently seeking attention. Please provide an answer for each activity.

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

	Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty
1	Any of your usual work, housework or school activities	0	1	2	3	4
2	Your usual hobbies, recreational or sporting activities	0	1	2	3	4
3	Getting into or out of the bath	0	1	2	3	4
4	Walking between rooms	0	1	2	3	4
5	Putting on your shoes or socks	0	1	2	3	4
6	Squatting	0	1	2	3	4
7	Lifting an object, like a bag of groceries, from the floor	0	1	2	3	4
8	Performing light activities around your home	0	1	2	3	4
9	Performing heavy activities around your home	0	1	2	3	4
10	Getting into or out of a car	0	1	2	3	4
11	Walking 2 blocks	0	1	2	3	4
12	Walking a mile	0	1	2	3	4
13	Going up or down 10 stairs (about 1 flight of stairs)	0	1	2	3	4
14	Standing for 1 hour	0	1	2	3	4
15	Sitting for 1 hour	0	1	2	3	4
16	Running on even ground	0	1	2	3	4
17	Running on uneven ground	0	1	2	3	4
18	Making sharp turns while running fast	0	1	2	3	4
19	Hopping	0	1	2	3	4
20	Rolling over in bed	0	1	2	3	4
	<b>Column Totals:</b>					

**Minimum Level of Detectable Change (90% Confidence): 9 points** <-- OFFICE USE ONLY --> **SCORE: \_\_\_\_\_/80**

Reprinted from Brinkley, J.Stafford, P., Lott, S., Ridle, D., & The North American Orthopedic Rehabilitation Research Network, The Lower Extremity Functional Scale: Scale development, measurement properties, and clinical application, Physical Therapy, 1999, 79, 4371-383, with permission of the American Physical Therapy Association

Signature: \_\_\_\_\_

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

### QuickDASH

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

	NO Difficulty	Mild Difficulty	Moderate Difficulty	Severe Difficulty	Unable
1. Open a tight or new jar.....	1	2	3	4	5
2. Do heavy chores (e.g. wash walls, floors) .....	1	2	3	4	5
3. Carry a shopping bag or briefcase .....	1	2	3	4	5
4. Wash your back.....	1	2	3	4	5
5. Use a knife to cut food.....	1	2	3	4	5
6. Recreational activities in which you take some force or impact through your arm, shoulder ..... or hand (e.g., golf, hammering, tennis, etc.)	1	2	3	4	5
	Not At All	Slightly	Moderately	Quite A Bit	Extremely
7. During the past week, to what extent has your arm, shoulder or hand problem interfered with .. your normal social activities with family, friends, neighbors or groups?	1	2	3	4	5
	Not Limited At All	Slightly Limited	Moderately Limited	Very Limited	Unable
8. During the past week, were you limited in your work or other regular daily activities..... as a result of your arm, shoulder or hand problem?	1	2	3	4	5
	None	Mild	Moderate	Severe	Extreme
9. Arm, shoulder or hand pain.....	1	2	3	4	5
10. Tingling (pins and needles) in your arm, shoulder or hand.....	1	2	3	4	5
	No Difficulty	Mild Difficulty	Moderate Difficulty	Severe Difficulty	So Much That I Can't Sleep
11. During the past week, how much difficulty have you had sleeping because of the pain..... in your arm, shoulder or hand? (circle number)	1	2	3	4	5

**\*\*OFFICE USE ONLY\*\***

**QuickDASH DISABILITY/SYMPTOM SCORE** =  $\frac{[(\text{Sum of n responses}) - 1]}{n} \times 25$ , where n is equal to the number of completed responses.

A QuickDASH score may not be calculated if there are greater than 1 missing item missing.

**\*\*OFFICE USE ONLY\*\***

QuickDASH Score: \_\_\_\_\_ % disability

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Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Therapist Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Back Index

Form B1100

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

*This questionnaire will give your provider information about how your back condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.*

## Pain Intensity

- Ⓐ The pain comes and goes and is very mild.
- ⓐ The pain is mild and does not vary much.
- ⓑ The pain comes and goes and is moderate.
- ⓒ The pain is moderate and does not vary much.
- ⓓ The pain comes and goes and is very severe.
- ⓔ The pain is very severe and does not vary much.

## Sleeping

- Ⓐ I get no pain in bed.
- ⓐ I get pain in bed but it does not prevent me from sleeping well.
- ⓑ Because of pain my normal sleep is reduced by less than 25%.
- ⓒ Because of pain my normal sleep is reduced by less than 50%.
- ⓓ Because of pain my normal sleep is reduced by less than 75%.
- ⓔ Pain prevents me from sleeping at all.

## Sitting

- Ⓐ I can sit in any chair as long as I like.
- ⓐ I can only sit in my favorite chair as long as I like.
- ⓑ Pain prevents me from sitting more than 1 hour.
- ⓒ Pain prevents me from sitting more than 1/2 hour.
- ⓓ Pain prevents me from sitting more than 10 minutes.
- ⓔ I avoid sitting because it increases pain immediately.

## Standing

- Ⓐ I can stand as long as I want without pain.
- ⓐ I have some pain while standing but it does not increase with time.
- ⓑ I cannot stand for longer than 1 hour without increasing pain.
- ⓒ I cannot stand for longer than 1/2 hour without increasing pain.
- ⓓ I cannot stand for longer than 10 minutes without increasing pain.
- ⓔ I avoid standing because it increases pain immediately.

## Walking

- Ⓐ I have no pain while walking.
- ⓐ I have some pain while walking but it doesn't increase with distance.
- ⓑ I cannot walk more than 1 mile without increasing pain.
- ⓒ I cannot walk more than 1/2 mile without increasing pain.
- ⓓ I cannot walk more than 1/4 mile without increasing pain.
- ⓔ I cannot walk at all without increasing pain.

## Personal Care

- Ⓐ I do not have to change my way of washing or dressing in order to avoid pain.
- ⓐ I do not normally change my way of washing or dressing even though it causes some pain.
- ⓑ Washing and dressing increases the pain but I manage not to change my way of doing it.
- ⓒ Washing and dressing increases the pain and I find it necessary to change my way of doing it.
- ⓓ Because of the pain I am unable to do some washing and dressing without help.
- ⓔ Because of the pain I am unable to do any washing and dressing without help.

## Lifting

- Ⓐ I can lift heavy weights without extra pain.
- ⓐ I can lift heavy weights but it causes extra pain.
- ⓑ Pain prevents me from lifting heavy weights off the floor.
- ⓒ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- ⓓ Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- ⓔ I can only lift very light weights.

## Traveling

- Ⓐ I get no pain while traveling.
- ⓐ I get some pain while traveling but none of my usual forms of travel make it worse.
- ⓑ I get extra pain while traveling but it does not cause me to seek alternate forms of travel.
- ⓒ I get extra pain while traveling which causes me to seek alternate forms of travel.
- ⓓ Pain restricts all forms of travel except that done while lying down.
- ⓔ Pain restricts all forms of travel.

## Social Life

- Ⓐ My social life is normal and gives me no extra pain.
- ⓐ My social life is normal but increases the degree of pain.
- ⓑ Pain has no significant affect on my social life apart from limiting my more energetic interests (e.g., dancing, etc).
- ⓒ Pain has restricted my social life and I do not go out very often.
- ⓓ Pain has restricted my social life to my home.
- ⓔ I have hardly any social life because of the pain.

## Changing degree of pain

- Ⓐ My pain is rapidly getting better.
- ⓐ My pain fluctuates but overall is definitely getting better.
- ⓑ My pain seems to be getting better but improvement is slow.
- ⓒ My pain is neither getting better or worse.
- ⓓ My pain is gradually worsening.
- ⓔ My pain is rapidly worsening.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

\*OFFICE USE ONLY\*

\*OFFICE USE ONLY\*

Back  
Index  
Score

# Neck Index

Form N1-100

rev 3/27/2003

**Patient Name** \_\_\_\_\_ **Date** \_\_\_\_\_

*This questionnaire will give your provider information about how your neck condition affects your everyday life. Please answer every section by marking the one statement that applies to you. If two or more statements in one section apply, please mark the one statement that most closely describes your problem.*

## **Pain Intensity**

- Ⓐ I have no pain at the moment.
- Ⓛ The pain is very mild at the moment.
- Ⓜ The pain comes and goes and is moderate.
- Ⓨ The pain is fairly severe at the moment.
- Ⓩ The pain is very severe at the moment.
- Ⓟ The pain is the worst imaginable at the moment.

## **Sleeping**

- Ⓐ I have no trouble sleeping.
- Ⓛ My sleep is slightly disturbed (less than 1 hour sleepless).
- Ⓜ My sleep is mildly disturbed (1-2 hours sleepless).
- Ⓨ My sleep is moderately disturbed (2-3 hours sleepless).
- Ⓩ My sleep is greatly disturbed (3-5 hours sleepless).
- Ⓟ My sleep is completely disturbed (5-7 hours sleepless).

## **Reading**

- Ⓐ I can read as much as I want with no neck pain.
- Ⓛ I can read as much as I want with slight neck pain.
- Ⓜ I can read as much as I want with moderate neck pain.
- Ⓨ I cannot read as much as I want because of moderate neck pain.
- Ⓩ I can hardly read at all because of severe neck pain.
- Ⓟ I cannot read at all because of neck pain.

## **Concentration**

- Ⓐ I can concentrate fully when I want with no difficulty.
- Ⓛ I can concentrate fully when I want with slight difficulty.
- Ⓜ I have a fair degree of difficulty concentrating when I want.
- Ⓨ I have a lot of difficulty concentrating when I want.
- Ⓩ I have a great deal of difficulty concentrating when I want.
- Ⓟ I cannot concentrate at all.

## **Work**

- Ⓐ I can do as much work as I want.
- Ⓛ I can only do my usual work but no more.
- Ⓜ I can only do most of my usual work but no more.
- Ⓨ I cannot do my usual work.
- Ⓩ I can hardly do any work at all.
- Ⓟ I cannot do any work at all.

## **Personal Care**

- Ⓐ I can look after myself normally without causing extra pain.
- Ⓛ I can look after myself normally but it causes extra pain.
- Ⓜ It is painful to look after myself and I am slow and careful.
- Ⓨ I need some help but I manage most of my personal care.
- Ⓩ I need help every day in most aspects of self care.
- Ⓟ I do not get dressed, I wash with difficulty and stay in bed.

## **Lifting**

- Ⓐ I can lift heavy weights without extra pain.
- Ⓛ I can lift heavy weights but it causes extra pain.
- Ⓜ Pain prevents me from lifting heavy weights off the floor, but I can manage if they are conveniently positioned (e.g., on a table).
- Ⓨ Pain prevents me from lifting heavy weights off the floor, but I can manage light to medium weights if they are conveniently positioned.
- Ⓩ I can only lift very light weights.
- Ⓟ I cannot lift or carry anything at all.

## **Driving**

- Ⓐ I can drive my car without any neck pain.
- Ⓛ I can drive my car as long as I want with slight neck pain.
- Ⓜ I can drive my car as long as I want with moderate neck pain.
- Ⓨ I cannot drive my car as long as I want because of moderate neck pain.
- Ⓩ I can hardly drive at all because of severe neck pain.
- Ⓟ I cannot drive my car at all because of neck pain.

## **Recreation**

- Ⓐ I am able to engage in all my recreation activities without neck pain.
- Ⓛ I am able to engage in all my usual recreation activities with some neck pain.
- Ⓜ I am able to engage in most but not all my usual recreation activities because of neck pain.
- Ⓨ I am only able to engage in a few of my usual recreation activities because of neck pain.
- Ⓩ I can hardly do any recreation activities because of neck pain.
- Ⓟ I cannot do any recreation activities at all.

## **Headaches**

- Ⓐ I have no headaches at all.
- Ⓛ I have slight headaches which come infrequently.
- Ⓜ I have moderate headaches which come infrequently.
- Ⓨ I have moderate headaches which come frequently.
- Ⓩ I have severe headaches which come frequently.
- Ⓟ I have headaches almost all the time.

Index Score = [Sum of all statements selected / (# of sections with a statement selected x 5)] x 100

Neck  
Index  
Score

## FALLS EFFICACY SCALE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

On a scale from 1 to 10, with 1 being very confident and 10 being not at all confident, how confident are you that you do the following activities without falling?

ACTIVITY	SCORE 1 = very confident 10 = not confident at all
Take a bath or shower	
Reach into cabinets or closets	
Walk around the house	
Prepare meals not requiring carrying heavy or hot objects	
Get in and out of bed	
Answer the door or telephone	
Get in and out of a chair	
Getting dressed and undressed	
Personal grooming (i.e. washing your face)	
Getting on and off the toilet	
<b>TOTAL SCORE:</b>	

Have you had a fall within the past 18 months? \_\_\_\_\_

If yes, how many and when did they occur? \_\_\_\_\_