

# Lower Extremity Functional Scale (LEFS)

Source: Binkley JM, Stratford PW, Lott SA, Riddle DL. The Lower Extremity Functional Scale (LEFS): scale development, measurement properties, and clinical application. North American Orthopaedic Rehabilitation Research Network. Phys Ther. 1999 Apr;79(4):371-83.

The Lower Extremity Functional Scale (LEFS) is a questionnaire containing 20 questions about a person's ability to perform everyday tasks. The LEFS can be used by clinicians as a measure of patients' initial function, ongoing progress and outcome, as well as to set functional goals.

The 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.

## Scoring instructions

The columns on the scale are summed to get a total score. The maximum score is 80.

## Interpretation of scores

- The lower the score the greater the disability.
- The minimal detectable change is 9 scale points.
- The minimal clinically important difference is 9 scale points.
- % of maximal function = (LEFS score) / 80 \* 100

## Performance:

- The potential error at a given point in time was +/- 5.3 scale points.
- Test-retest reliability was 0.94.
- Construct reliability was determined by comparison with the SF-36. The scale was found to be reliable with a sensitivity to change superior to the SF-36.

# Instructions

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.					✓
2. Your usual hobbies, recreational or sporting activities.				✓	
3. Getting into or out of the bath.					✓
4. Walking between rooms.					✓

	Extreme difficulty or unable to perform activity	Quite a bit of difficulty	Moderate difficulty	A little bit of difficulty	No difficulty
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.				✓	
12. Walking a mile.				✓	
13. Going up or down 10 stairs (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.					✓

Column Totals:

51