

# 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.                         |  |                           |                     | ✓                          |               |

|   | Extreme difficulty or unable to perform activity | Quite a bit of difficulty | Moderate difficulty | A little bit of difficulty | No difficulty |
|---|--|---------------------------|---------------------|----------------------------|---------------|
| 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.   |  |                           |                     | ✓                          |               |
| 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:

52