

Lower Extremity Functional Index

Please indicate what level of difficulty you are currently experiencing with the following activities:

	Activity	EXTREME Difficulty	SIGNIFICANT Difficulty	MODERATE Difficulty	MINIMAL Difficulty	NO Difficulty
1	Usual work, housework or school activities	0	1	2	3	4
2	Usual hobbies, rec or sporting activities	0	1	2	3	4
3	Getting in/out of the bathtub/shower	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 from the floor	0	1	2	3	4
8	Performing light activities around the house	0	1	2	3	4
9	Performing heavy activities around the house	0	1	2	3	4
10	Getting in/out of the car	0	1	2	3	4
11	Walking two (2) blocks	0	1	2	3	4
12	Walking a mile	0	1	2	3	4
13	Going up/down stairs (one flight)	0	1	2	3	4
14	Standing for an hour	0	1	2	3	4
15	Sitting for an 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	Make sharp turns while running fast	0	1	2	3	4
19	Jumping or hopping	0	1	2	3	4
20	Rolling over in bed	0	1	2	3	4
Column Totals →						
Today's Date:		Total Composite Score = /80				
MDC & MCID = 9 LEFS pts						