

### Lower Extremity Functional Scale (LEFS)

"The LEFS is easy to administer and score and is applicable to a wide range of disability levels and conditions and all lower-extremity sites."<sup>1</sup> It is a functional measure that, "... can be used by clinicians as a measure of patients' initial function, ongoing progress, and outcome as well as to set functional goals."<sup>1</sup> It is a self-report condition-specific measure that has been proven to yield reliable and valid measurements. "...the LEFS is more interpretable [than the SF-36 physical function subscale]...for determining minimally clinically important score changes and is a sufficient measure of reliability, variability, and sensitivity to change, at a level that is commensurate with utilization at an individual patient level."<sup>1</sup>

### <u>Scoring</u>

LEFS is scored via summation of all responses (one answer per section) and compared to a total possible score of 80. (\*Score = sum of responses)

\*The LEFS raw score is the final score and should be compared to the total possible score of 80 as a reference.

Error +/- 5 points; an observed score is within 5 points of a patients "true" score.

Minimum detectable change (MDC): 9 points; change of more than 9 points on the LEFS represents a true change.

Minimum clinically important difference (MCID): 9 points; "Clinicians can be reasonably confident that a change of greater than 9 points is... a clinically meaningful functional change."<sup>1</sup>

<sup>1</sup> Binkley JA, Stratford PW, Lott SA, Riddle DL. The Lower Extremity Functional Scale (LEFS): Scale Development, Measurement Properties, and Clinical Application. Physical Therapy (1999) 79, 371-383.



ACNgroup requests an outcome measure be completed on the initia submission (baseline), requests additional services (response to treatment), and at patient discha (effectiveness of intervention)

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Minimum Level of Detectable Change (90% Confidence): 9 points

29

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Score = sum of responses

2

\* For ACNgroup forms please enter the sum of responses as the "score" on the Notification Form (ex. 29)

# THE LOWER EXTREMITY FUNCTIONAL SCALE

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

Today, <u>do you</u> or <u>would you</u> 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, re creational 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
	Column Totals:					

## Minimum Level of Detectable Change (90% Confidence): 9 points

### SCORE: / 80

Please submit the sum of responses to ACN.

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