The Lower Extremity Functional Scale (LEFS)

Overview: The Lower Extremity Functional Scale (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. The authors are from McMaster University in Hamilton, Ontario.

Patient Instructions:

Using the key below, answer with 0, 1, 2, 3, or 4 for each of the following 20 activities:

<table>
<thead>
<tr>
<th>Response</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unable to perform activity or extreme difficulty</td>
<td>0</td>
</tr>
<tr>
<td>Quite a bit of difficulty</td>
<td>1</td>
</tr>
<tr>
<td>Moderate difficulty</td>
<td>2</td>
</tr>
<tr>
<td>A little bit of difficulty</td>
<td>3</td>
</tr>
<tr>
<td>No difficulty</td>
<td>4</td>
</tr>
</tbody>
</table>

Today, do you or would you have any difficulty at all with these activities?

Activities: (20)

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.
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 (about 1/6th mile or about 250 meters).
12. _____ Walking 1 mile (1.6 km).
13. _____ Going up or down 10 steps (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.
LEFS score = SUM (points for all 20 activities)

Interpretation:
• Minimum score: 0
• Maximum score: 80
• The lower the score the greater the disability.
• The Minimal Detectable Change (MDC) is 9 scale points.
• The minimal clinically Important Difference (MCID) is 9 scale points.

Percent 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.

References: