

# ANNEXURE 1: LOWER EXTREMITY FUNCTIONAL SCALE(LEFS) INTERPRETATION AND SCORE CHART

## Interpretation of Lower Extremity Functional Scale

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

LEFS score chart						
S. No	Activities	Moderate difficulty	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, recreational 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

LEFS: Lower extremity functional scale