

UPPER EXTREMITY FUNCTIONAL SCALE

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your upper limb problem for which you are currently seeking attention.

Please Circle an Answer for Each Activity

TODAY, do you or would you have any difficulty at all with:

	ACTIVITIES	Unable to Perform Activity	Severe Difficulty	Moderate Difficulty	Mild Difficulty	No Difficulty
1	Walk or sit with arm comfortably at side	4	3	2	1	0
2	Sleep through the night	4	3	2	1	0
3	Sleep on affected side	4	3	2	1	0
4	Reach into front pocket	4	3	2	1	0
5	Reach into back pocket	4	3	2	1	0
6	Reach the small of back and tuck in shirt	4	3	2	1	0
7	Wash under affected arm	4	3	2	1	0
8	Wash or brush hair (including back of head)	4	3	2	1	0
9	Place glass on shelf at shoulder level	4	3	2	1	0
10	Place dish on shelf at shoulder level	4	3	2	1	0
11	Remove garment hanging in closet	4	3	2	1	0
12	Place mug on high shelf	4	3	2	1	0
13	Adjust shower head	4	3	2	1	0
14	Pick up a gallon of milk from refrigerator	4	3	2	1	0
15	Carry a 10 pound plastic bag of groceries at side	4	3	2	1	0
16	Pour drink from a 1 liter bottle	4	3	2	1	0
17	Toss softball underhand 10 feet	4	3	2	1	0
18	Toss baseball underhand 10 feet	4	3	2	1	0
19	Vacuum floor or rake lawn	4	3	2	1	0
20	Put a pullover on or off going over your head	4	3	2	1	0
21	Putting on coat, finishing with the affected shoulder	4	3	2	1	0
22	Personal care activities (i.e. dressing, washing)	4	3	2	1	0
23	Household work (i.e. maintenance, cleaning)	4	3	2	1	0
24	Work (your usual job) or maintain normal activity	4	3	2	1	0
25	Recreation or sporting activities	4	3	2	1	0
Column Totals:						

SCORE: _____ /100 = _____

NAME: _____ DATE: _____

FOR CLINICIAN: Upper Extremity Functional Scale Measurement Properties
LEFS is scored via summation of all responses (one answer per section) and compared to a total possible score of 80
Error +/- 5 points: an observed score is within 5 points of 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.