

PATIENT NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## LEFS

**Please rate your pain level with activity:** No Pain=0 1 2 3 4 5 6 7 8 9 10 =Severe Pain

### 1. Any of your usual work, housework, or school activities.

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 2. Your usual hobbies, recreational, or sporting activities.

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 3. Getting into or out of the bath

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 4. Walking between rooms

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 5. Putting on socks or shoes

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 6. Squatting

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 7. Lifting an object, like a bag of groceries from the floor

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 8. Performing light activities around your home

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 9. Performing heavy activities around your home

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

### 10. Getting into or out of a car

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty

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- (3) A Little Bit of Difficulty
- (4) No Difficulty

**11. Walking 2 blocks**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

**12. Walking a mile**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

**13. Going up or down 10 stairs (about 1 flight of stairs)**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

**14. Standing for 1 hour**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

**15. Sitting for 1 hour**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty

- (4) No Difficulty

**16. Running on even ground**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

**17. Running on uneven ground**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

**18. Making sharp turns while running fast**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

**19. Hopping**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

**20. Rolling over in bed**

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

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