

Lower Extremity Functional Scale (LEFS)

Category: Orthopaedics, Physiotherapy | Items: 20 | Time: ~5-10 min

Description / When to Use

Function with lower-extremity musculoskeletal disorders

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 20 items in this scale. Estimated completion time: 5-10 min.

Scale Items

1. Any of your usual work, household, 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
12. Walking a mile
13. Going up or down 10 stairs (about one flight)
14. Standing for one hour
15. Sitting for one 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

Response Options

0 = Extreme difficulty / unable | 1 = Quite a bit | 2 = Moderate difficulty | 3 = A little bit | 4 = No difficulty

Scoring Guide

Sum all 20 items. Total range 0-80.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0–20	Severe limitation	Significant restriction in lower-extremity function.
21–40	Moderate limitation	Marked restriction; structured rehab indicated.
41–60	Mild limitation	Some difficulty with demanding activities.
61–80	Minimal limitation	Near-normal lower-extremity function.

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

Binkley JM et al. The Lower Extremity Functional Scale (LEFS). *Phys Ther.* 1999;79(4):371-383.
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Disclaimer: MCID ~ 9 points; higher scores indicate better function.