

### Lower Extremity Functional Scale (LEFS)

"The LEFS is easy to administer and score and is applicable to a wide range of disability levels and conditions and all lower-extremity sites."<sup>1</sup> It is a functional measure that, "... can be used by clinicians as a measure of patients' initial function, ongoing progress, and outcome as well as to set functional goals."<sup>1</sup> It is a self-report condition-specific measure that has been proven to yield reliable and valid measurements. "...the LEFS is more interpretable [than the SF-36 physical function subscale]...for determining minimally clinically important score changes and is a sufficient measure of reliability, variability, and sensitivity to change, at a level that is commensurate with utilization at an individual patient level."<sup>1</sup>

#### Scoring

LEFS is scored via summation of all responses (one answer per section) and compared to a total possible score of 80. ( \*Score = sum of responses )

**\*The LEFS raw score is the final score and should be compared to the total possible score of 80 as a reference.**

Error +/- 5 points; an observed score is within 5 points of a 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."<sup>1</sup>

<sup>1</sup> Binkley JA, Stratford PW, Lott SA, Riddle DL. The Lower Extremity Functional Scale (LEFS): Scale Development, Measurement Properties, and Clinical Application. Physical Therapy (1999) 79, 371-383.

ACNgroup requests an outcome measure be completed on the initial submission (**baseline**), requests for additional services (**response to treatment**), and at patient discharge (**effectiveness of intervention**).

### PT Notification Form

ACN Group, Inc. - Form NP-302

Female  
 Male

**Instructions**  
Complete this form and mail or fax it to ACN Group, Inc. within 3 days of the initial date of service.

Patient's Name (Last, First, MI)

Patient's Date of Birth

Physical Address

City

State

Zip

Patient's Insurance ID#

Health Plan

**Enter Score Here**

**Referral Info If Required**

Yes  No

The date you want this submission to begin:

\_\_\_\_/\_\_\_\_/\_\_\_\_

**Nature of Condition**

- Acute (onset within last 3 months)
- Recurrent (multiple episodes at 12 months)
- Chronic (continuous duration 12 months)

**Current Functional Status**

Neck Index:  DASH:   
 Back Index:  LEFS:

**Anticipated Treatment Duration (months)**

1  2  3

**Severity of Condition**

- Mild  Moderate  Severe

**Cause of Current Episode**

- Traumatic  Post-surgical
- Unspecified  Work related
- Degenerative  Systemic disease

**Diagnosis**

Clinical Priority (See VSP-1 for subgroups)  
 Pathology (Circle if postoperative)  
 Surgery:

### THE LOWER EXTREMITY FUNCTIONAL SCALE

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your lower limb problem for which you are currently seeking attention. Please provide an answer for each activity.

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

	Activities	Extreme Difficulty or Unable to Perform Activity	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, re-creational 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
<b>Column Totals:</b>						

Minimum Level of Detectable Change (90% Confidence): 9 points

SCORE: 29 / 80

Reprinted from Binkley, J., Stratford, P., Lott, S., Riddle, D., & The North American Orthopaedic Rehabilitation Research Network, *The Lower Extremity Functional Scale: Scale development, measurement properties, and clinical application*, Physical Therapy, 1999, 79, 4371-383, with permission of the American Physical Therapy Association.

Score = sum of responses = 29

\* For ACNgroup forms please enter the sum of responses as the "score" on the Notification Form (ex. 29)

Name :

Date :

## THE LOWER EXTREMITY FUNCTIONAL SCALE

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6	Squatting.	0	1	2	3	4
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SCORE: \_\_\_\_ / 80

Please submit the sum of responses to ACN.

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