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### The Knee Functional Status 10-Item Short Form

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The following assessment will ask you about difficulties you may have with certain activities. It is an important part of your evaluation. It will help us:

- understand how your condition is affecting your activities, and
- develop treatment goals with you.

Please answer the questions with respect to the problem for which we are seeing you. Respond based on how you have been over the past few days.

| Activities  | Extreme Difficulty Or Unable To Perform Activity | Quite a Bit of Difficulty | Moderate Difficulty     | A Little Bit of Difficulty | No Difficulty           |
|---|--|---------------------------|-------------------------|----------------------------|-------------------------|
| Any of your usual work, housework, or school activities   | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Getting into or out of the bath                           | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Walking between rooms                                     | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Squatting   | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Lifting an object, like a bag of groceries from the floor | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Performing light activities around your home              | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Walking 2 blocks  | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Going up or down 10 stairs (about 1 flight of stairs)     | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Standing for 1 hour                                       | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |
| Running on uneven ground                                  | 1 <input type="radio"/>                          | 2 <input type="radio"/>   | 3 <input type="radio"/> | 4 <input type="radio"/>    | 5 <input type="radio"/> |

0

### The Knee Functional Status 10-Item Short Form Scoring Algorithm

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The patient answers all items. The clinician or staff sums all responses. All questions need to be answered. Sum should range between 10 and 50. Find the sum in the left column and select the functional status measure in the right column.

| Sum | FS Measure |
|-----|------------|
| 10  | 0          |
| 11  | 14         |
| 12  | 20         |
| 13  | 22         |
| 14  | 25         |
| 15  | 27         |
| 16  | 29         |
| 17  | 31         |
| 18  | 32         |
| 19  | 34         |
| 20  | 35         |
| 21  | 36         |
| 22  | 38         |

|    |    |
|----|----|
| 23 | 39 |
| 24 | 40 |
| 25 | 41 |
| 26 | 42 |
| 27 | 44 |
| 28 | 45 |
| 29 | 46 |
| 30 | 47 |
| 31 | 48 |
| 32 | 49 |
| 33 | 51 |
| 34 | 52 |
| 35 | 53 |
| 36 | 54 |

|    |     |
|----|-----|
| 37 | 56  |
| 38 | 57  |
| 39 | 59  |
| 40 | 60  |
| 41 | 62  |
| 42 | 63  |
| 43 | 65  |
| 44 | 67  |
| 45 | 69  |
| 46 | 72  |
| 47 | 76  |
| 48 | 78  |
| 49 | 85  |
| 50 | 100 |

#### More about the Knee Functional Status 10-Item Short Form

Adapted from Binkley JM, Stratford PW, Lott SA, Riddle DL. The lower extremity functional scale (LEFS): scale development, measurement properties, and clinical application. *Phys Ther* 1999;79:371-383, Hart DL, Mioduski JE, Stratford PW. Simulated computerized adaptive tests for measuring functional status were efficient with good discriminant validity in patients with hip, knee, or foot/ankle impairments. *J Clin Epidemiol* 2005;58:629-638, Hart DL, Wang YC, Stratford PW, Mioduski JE. Computerized adaptive test for patients with knee impairments produced valid and sensitive measures of function. *J Clin Epidemiol* 2008;61(11):1113-1124, and Wang YC, Hart DL, Stratford PW, Mioduski JE. Clinical interpretation of computerized adaptive test generated outcomes measures in patients with knee impairments. *Arch Phys Med Rehabil.* 2009;90:1340-1348.

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