The Patient-Specific Functional Scale

This useful questionnaire can be used to quantify activity limitation and measure functional outcome for patients with any orthopaedic condition.

Initial Assessment:

Identify up to three important activities that you are unable to do or are having difficulty with as a result of your _____ problem. Look at the scale below and give each activity a rating according to your ability to perform that particular activity.

Follow-up Assessments:

Please ensure that you scale each activity at regular intervals (weekly, fortnightly or monthly). In order to accurately record your progress, do not look at your previous scores prior to making a new assessment.

Patient-specific activity scoring scheme (Point to one number):

0 1 2 3 4 5 6 7 8 9 10

Unable to perform activity

Able to perform activity at the same level as before injury or problem

(Date and Score)

Activity	**Initial**					
1.						
2.						
3.						
4.						
5.						
Additional						
Additional						

Reminder: Each time you reassess and score each activity, do so **without** looking at your previous scores.