

# Patient-Specific Functional Scale

This questionnaire can be used to quantify activity limitation and measure functional outcome for patients with an orthopaedic condition. **Clinician to read and fill in:** Complete at the end of the history and prior to physical examination.

## Initial assessment

I am going to ask you to identify up to three important activities that you are unable to do or are having difficulty with as a result of your \_\_\_\_\_ problem. Today, are there any activities that your are unable to do or having difficulty with because of your \_\_\_\_\_ problem? (Clinician: show scale to patient and have the patient rate each activity).

## Follow-up assessments

When I assessed you on \_\_\_\_\_ (date), you told me that you had difficulty with (read all activities from list). Today, do you still have difficulty with (read and have patient score each item in the list)?

## 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					

Activity	Initial visit	Date	Date	Date	Date	Date
1.						
2.						
3.						
4.						
5.						
Additional						
Additional						

## Scoring Instructions

The patient is asked to identify activities which they find difficult to perform as a result of their condition. The clinician then shows the patient the scale, and asks the patient to give a score out of 10 for each activity.

## Interpretation of scores

Total score = sum of the activity ÷ number of activities  
 Minimum detectable change (90% CI) for average score = 2 points  
 Minimum detectable change (90% CI) for single activity score