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The Lumbar 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	Unable to perform activity	Extreme Difficulty	Quite a Bit of Difficulty	Moderate Difficulty	A little Bit of Difficulty	No Difficulty
Any of your usual work, housework, or school activities	1	2	3	4	5	6
Your usual hobbies, recreational, or sporting activities	1	2	3	4	5	6
Performing heavy activities around your home	1	2	3	4	5	6
Bending or stooping	1	2	3	4	5	6
Lifting a box of groceries from the floor	1	2	3	4	5	6
	Yes, limited a lot	Yes, limited a little	No, not limited at all			
Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports	1	2	3			
Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf	1	2	3			
Lifting or carrying groceries	1	2	3			
Attending social or cultural events	1	2	3			
Getting in and out of your chair	1	2	3			

The Lumbar 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 45. Find the sum in the left column and select the functional status measure in the right column.

Sum	FS Measure
10	0
11	10
12	16
13	19
14	24
15	25
16	28
17	31
18	32
19	34
20	36
21	38
22	39
23	41
24	43
25	45
26	46
27	48

28	50
29	51
30	53
31	55
32	56
33	58
34	60
35	62
36	64
37	66
38	69
39	71
40	74
41	78
42	81
43	84
44	90
45	100

More about the Low Back Functional Status 10-Item Short Form

Adapted from Stratford PW, Binkley JM, Riddle DL. Development and initial validation of the Back Pain Functional Scale. *Spine* 2000;25:2095-2102, Ware JE, Sherbourne CD. The MOS 36-item short-form health survey (SF-36). I. Conceptual framework and item selection. *Med Care* 1992;30:473-483, Hart DL, Mioduski JE, Werneke MW, Stratford PW. Simulated computerized adaptive test for patients with lumbar spine impairments was efficient and produced valid measures of function. *J Clin Epidemiol* 2006;59:947-956, and Hart DL, Werneke MW, Wang YC, Stratford PW, Mioduski JE. Computerized adaptive test for patients with lumbar spine impairments produced valid and sensitive measures of function. *Spine*. 2010;35:2157-2164.

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