

# PATIENT SPECIFIC FUNCTIONAL SCALE

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

## CLINICIAN

Read and fill in below. 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 you 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 (state previous assessment date), you told me that you had difficulty with (read all activities from list at a time). 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 same level as before injury/problem

Date and score

ACTIVITY	INITIAL					
1.						
2.						
3.						
4.						
5.						
Additional						
Additional						

**TOTAL SCORE** = sum of the activity scores/number of activities

Minimum detectable change (90% CI) for average score = two points

Minimum detectable change (90% CI) for single activity score = three points

PSFS developed by: Stratford, P., Gill, C., Westaway, M., & Binkley, J. (1995). Assessing disability and change on individual patients: a report of a patient specific measure. *Physiotherapy Canada*, 47, 258-263.  
Reproduced with the permission of the authors.