

**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 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>
Your usual hobbies, recreational, or sporting activities	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>
Performing heavy activities around your home	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>
Bending or stooping	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>
Lifting a box 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"/>	6 <input type="radio"/>
	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 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>			
Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>			
Lifting or carrying groceries	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>			
Attending social or cultural events	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>			
Getting in and out of your chair	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>			