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The General Orthopedic 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.

Because of your problem for which you are seeking attention, how much does your problem limit:	A lot	A little	Not at all
Vigorous activities like running, lifting heavy objects, sports?	1	2	3
Participating in recreational sport?	1	2	3
Moderate activities like moving a table or pushing a vacuum cleaner?	1	2	3
Lifting or carrying items like groceries?	1	2	3
Lifting overhead to a cabinet?	1	2	3
Gripping or opening a can?	1	2	3
Handling of small items such as a pen or coins?	1	2	3
Feeding yourself?	1	2	3
Getting in and out of your chair?	1	2	3
Bathing or dressing?	1	2	3
Completing your toileting?	1	2	3

The General Orthopedic Functional Status 10-Item Short Form Scoring Algorithm

(©Focus on Therapeutic Outcomes, Inc.)

The patient answers all items. The clinician or staff sums all responses. All questions need to be answered. Sum should range between 10 and 30. Find the sum in the left column and select the functional status measure in the right column.

Sum	FS Score
10	5
11	19
12	25
13	29
14	32
15	34
16	37
17	39
18	41
19	43

20	45
21	48
22	50
23	52
24	55
25	57
26	60
27	64
28	69
29	75
30	97

More about the General Orthopedic Functional Status 10-Item Short Form

Adapted from 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. Assessment of unidimensionality of physical functioning in patients receiving therapy in acute, orthopedic outpatient centers. *J Outcome Meas* 2000;4(1):413-430, Hart DL, Wright BD. Development of an index of physical functional health status in rehabilitation. *Arch Phys Med Rehabil* 2002;83:655-665, using Item Response Theory methods to co-calibrate items in to one scale for patients with general neuromusculoskeletal impairments.

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