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The FOTO Lower Extremity Physical Function 10-item Short Form

Thank you for choosing to complete this assessment. These questions help your clinician create, monitor, and adjust your treatment plan over time.

There are no wrong answers. We want to know what YOU think.

When answering the questions, remember the following points:

- These questions are related to the **specific problem for which you are receiving treatment at this clinic**, rather than your overall health or unrelated medical problems.
- Answer these questions based on your status over the **past few days**.
- If you feel a question does not **exactly** apply to you or your current condition, choose the answer that fits best.
- This assessment may ask questions about activities you **cannot** or **do not currently** do. This is intentional. Understanding the full scope of activities that you can and cannot do is valuable when assessing your functional level.

Because of your lower limb problem, do you or would you have any difficulty...	Extreme difficulty or unable to perform	Quite a bit of difficulty	Moderate difficulty	A little bit of difficulty	No difficulty
Going up or down 10 stairs (about 1 flight of stairs)?					
Getting into or out of a car?					
Standing for 1 hour?					
Walking a mile?					
Running on even ground?					
Walking between rooms?					
Hopping?					
Performing heavy activities around the home?					
Performing light activities around the home?					
Lifting an object, like a bag of groceries, from the floor?					

The Lower Extremity Physical Function 10-item Short Form Scoring Algorithm

Scoring Instructions: The respondent must answer all of the functional questions. If any questions are skipped, the measure cannot be scored. Score the measure by summing all responses. The sum should range between 10 and 50. Find the sum in the left column and select the functional status (FS) measure score in the right column. Extreme difficulty or unable to perform = 1, Quite a bit of difficulty = 2, Moderate difficulty = 3, A little bit of difficulty = 4, No difficulty = 5.

Raw Summed Score (10-50)	FS Measure (0-100)
10	5.96
11	12.74
12	17.44
13	21.25
14	24.44
15	27.24
16	29.75
17	32.05
18	34.19
19	36.18
20	38.06
21	39.84
22	41.53
23	43.15
24	44.71
25	46.22
26	47.69
27	49.12
28	50.52
29	51.90

Raw Summed Score (10-50)	FS Measure (0-100)
30	53.26
31	54.60
32	55.93
33	57.26
34	58.60
35	59.95
36	61.31
37	62.70
38	64.12
39	65.58
40	67.08
41	68.64
42	70.27
43	71.99
44	73.84
45	75.84
46	78.07
47	80.59
48	83.57
49	87.45
50	94.05

For more information about FOTO patient-reported outcome measures and risk adjustment, visit <https://fotoinc.com/peer-reviewed-articles/>