Patient-Specific Functional Scale

Source: Stratford P, Gill C, Westaway M, Binkley J. Assessing disability and change on individual patients: a report of a patient specific measure. *Physiotherapy Canada* 1995;47:258-63.

The Patient-Specific Functional Scale is designed to measure disability in people with an orthopaedic condition.

Scoring instructions

The patient is asked to identify activities which they find difficult to perform as a result of their condition. The clinician then shows the patient the scale, and asks the patient to give a score out of 10 for each activity.

Interpretation of scores

Total score = sum of the activity scores/number of activities

Minimum detectable change (90%CI) for average score = 2 points

Minimum detectable change (90%CI) for single activity score = 3 points

Patient-Specific Functional Scale

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

Clinician to read and fill in. 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). 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 the same level as before injury or problem |

(Date and score)

Activity	Initial					
1.						
2.						
3.						
4.						
5.						
Additional						
Additional						