
Lower Limb Functional Index Development and Validation

Appendix.

The Lower Limb Functional Index (LLFI)^a

LOWER LIMB FUNCTIONAL INDEX

DATE: _____

NAME: _____ INJURY _____ LEFT LEG RIGHT LEG

PLEASE COMPLETE: Your leg/s may make it difficult to do some things you normally do. This list contains sentences people use to describe themselves with such problems. Think of yourself over the last few days.

If an item describes you, mark the line. If not, leave it blank.

If an item partly describes you - Use a Half (1/2) Mark.

DUE TO MY LEG/S:

- ___ 1. I stay at home most of the time.
- ___ 2. I change position frequently for comfort.
- ___ 3. I avoid heavy jobs (eg, cleaning, lifting more than 5 kg or 10 lb, gardening).
- ___ 4. I rest more often.
- ___ 5. I get others to do things for me.
- ___ 6. I have the pain/problem almost all the time.
- ___ 7. I have difficulty lifting and carrying (eg, shopping bags up to 5 kg or 10 lb).
- ___ 8. My appetite is now different.
- ___ 9. My walking or normal recreation or sporting activity is affected.
- ___ 10. I have difficulty with normal home or family duties and chores.
- ___ 11. I sleep less well.
- ___ 12. I need assistance with personal care (eg, washing, hygiene).
- ___ 13. My regular daily activities (work, social contacts) are affected.
- ___ 14. I am more irritable and/or bad tempered.
- ___ 15. I feel weaker and/or stiffer.
- ___ 16. My transport independence is affected (driving, public transport).
- ___ 17. I have difficulty or need help with dressing (eg, trousers/pants/shoes and socks).
- ___ 18. I have difficulty changing directions, twisting or turning.

(Continued)

Appendix.
Continued

- ___ 19. I am unable to move as fast as I would wish.
- ___ 20. I have difficulty with prolonged or extended standing.
- ___ 21. I have difficulty bending, squatting, and/or reaching down.
- ___ 22. I have difficulty with long or extended walks.
- ___ 23. I have difficulty with steps and stairs.
- ___ 24. I have difficulty with sitting for prolonged or extended times.
- ___ 25. I have problems with my balance on uneven surfaces and/or with unaccustomed footwear.

LLFI SCORE: To score the upper part, add the marked boxes:

TOTAL (LLFI points above) $\times 4 =$ ___/100 points. **FINAL TOTAL** (100 - TOTAL) = %

MDC (90% CI): 6.67% or 1.67 LLFI points. Change less than this may be due to error.

* MDC (90%CI)=minimal detectable change (90% confidence interval). The LLFI may not be used or reproduced without written permission of the authors.