

Patient's Name:

Date:

Five Levels of Functionality

	1	2	3	4	5
Place a check under the applicable Level of Functionality to the right, for each activity of daily living listed below.	Can be performed without any difficulty	Can be performed without much difficulty, despite some pain	Can be managed by yourself, despite marked pain	Can be managed, despite the pain, but only with assistance	Cannot be performed at all, because of the pain
Physical Activities Difficulties (continued)					
Leaning Left					
Reclining					
Squatting					
Bending Forward					
Bending Right					
Leaning Forward					
Leaning Right					
Standing for Long Periods					
Sitting for Long Periods					
Walking for Long Periods					
Kneeling for Long Periods					
Functional Activities Difficulties					
Carrying Small Objects					
Lifting Weights off the Floor					
Pushing Things While Seated					
Exercising Upper Body					
Carrying Large Objects					
Lifting Weights off the Table					
Pushing Things While Standing					
Exercising Lower Body					
Carrying a brief Case					
Climbing Stairs					
Pulling Things while Seated					
Exercising Arms					
Carrying a Large Purse					
Climbing Inclines					
Pulling Things While Standing					
Exercising Legs					

Patient's Name:

Five Levels of Functionality

Date:

	1	2	3	4	5
Place a check under the applicable Level of Functionality to the right, for each activity of daily living listed below.	This area is not being affected by my condition	This area is being slightly affected by my condition	My condition moderately restricts my ability in this area	My condition seriously limits my ability in this area	My condition prevents me from using this ability
Difficulties with Communicating					
Concentrating					
Hearing					
Listening					
Speaking					
Reading					
Writing					
Using a Keyboard					
Difficulties with the Senses					
Seeing					
Hearing					
Sense of Touch					
Sense of Taste					
Sense of Smell					
Difficulties with Hand Functions					
Grasping					
Holding					
Pinching					
Percussive Movements					
Sensory Discrimination					
Difficulties with Sleep & Sexual Function					
Getting a Normal, Restful Nights Sleep					
Participating in Desired Sexual Activity					