

Physical Function – Short Form 10a

Please respond to each item by marking one box per row.

		Not at all	Very little	Somewhat	Quite a lot	Cannot do
PFA01	Does your health now limit you in doing vigorous activities, such as running, lifting heavy objects, participating in strenuous sports?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC36	Does your health now limit you in walking more than a mile?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC37	Does your health now limit you in climbing one flight of stairs?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA05	Does your health now limit you in lifting or carrying groceries?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA03	Does your health now limit you in bending, kneeling, or stooping?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
		Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
PFA11	Are you able to do chores such as vacuuming or yard work?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA16	Are you able to dress yourself, including tying shoelaces and doing buttons?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB26	Are you able to shampoo your hair?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA55	Are you able to wash and dry your body?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC45	Are you able to get on and off the toilet?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1