Physical Function – Short Form 20a

Please respond to each question or statement by marking one box per row.

		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
PFA12	Are you able to push open a heavy door?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA16r1	Are you able to dress yourself, including tying shoelaces and buttoning your clothes?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA34	Are you able to wash your back?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA38	Are you able to dry your back with a towel?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA51	Are you able to sit on the edge of a bed?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA55	Are you able to wash and dry your body?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA56	Are you able to get in and out of a car?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB19r1	Are you able to squeeze a new tube of toothpaste?	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1
PFB22	Are you able to hold a plate full of food?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB24	Are you able to run a short distance, such as to catch a bus?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB26	Are you able to shampoo your hair?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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		Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
PFC45r1	Are you able to sit on and get up from the toilet?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC46	Are you able to transfer from a bed to a chair and back?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
		Not at all	**Very little**	**Somewhat**	**Quite a lot**	**Cannot do**
PFA1	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
PFA3	Does your health now limit you in bending, kneeling, or stooping?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA5	Does your health now limit you in lifting or carrying groceries?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC12	Does your health now limit you in doing two hours of physical labor?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC36r1	Does your health now limit you in walking more than a mile (1.6 km)?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC37	Does your health now limit you in climbing one flight of stairs?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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