PROMIS Physical Function with Mobility

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

The following questions ask about your ability to stand and move with and without support. "Support" means using items such as canes, walking sticks, walkers and leg braces, or other people.		**Yes**	**No**			
PF_Screener 1	Can you stand (with or without support)?	☐	☐			
		Yes→ proceed to PF_Screener2 No→ proceed to CAT with items only from Group A				
The following questions ask about your ability to stand and move with and without support. "Support" means using items such as canes, walking sticks, walkers and leg braces, or other people.		**Yes**	**No**			
PF_Screener 2	Can you walk 25 feet on a level surface (with or without support)?	☐	☐			
		Yes→ proceed to CAT with all items (Groups A, B, and C) No→ proceed to CAT with items only from Groups A and C				
	Group A Items (PF_1 thru PFC53)	**Without any difficulty**	**With a little difficulty**	**With some difficulty**	**With much difficulty**	**Unable to do**
PF_1	Are you able to go OUTSIDE the home, for example to shop or visit a doctor's office?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_10	Are you able to dial a number on a phone with large buttons?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_11	Are you able to clean up after a meal?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_12	How much difficulty do you currently have opening previously opened jars?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_13	Are you able to dial a number on the keypad of a cell phone?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_14	Are you able to roll onto your stomach while lying in bed?.....	☐ 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
PF_15	Are you able to pull up covers while lying in bed?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_18	Are you able to open and squeeze a new tube of toothpaste?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_19	How much difficulty do you currently have pulling up and fastening your pants after a bowel movement?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_2	Are you able to fasten and unfasten a seatbelt?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_20	Are you able to do chores such as vacuuming carpet or mopping floors?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_22	Are you able to lift small objects (such as a can of soup) above your shoulder?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_23	Are you able to reach and get down an object (such as a can of soup) from above your head?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_24	Are you able to carry a bag of groceries for a short distance?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_25	Are you able to put on socks?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_26	Are you able to pull a sweater or t-shirt over your head?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_27	How much difficulty do you currently have cleaning yourself after a bowel movement?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_28	Are you able to do an exercise of your choice for 20 minutes several times a week?	☐ 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
PF_29	Are you able to do strenuous tasks around the house like cleaning the bathroom or scrubbing floors?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_30	Are you able to pour liquid from a container into a cup?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_31	Are you able to turn pages in a book?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_32	Are you able to prepare simple meals for yourself or for others?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_33	Are you able to reach above your head?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_34	Are you able to do housework like vacuuming or sweeping floors?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_35	Are you able to do yard work like raking leaves or sweeping the driveway?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_36	Are you able to take a letter out of an envelope?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_37	Are you able to push the buttons on a television remote control?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_38	Are you able to get items in and out of a wallet?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_39	Are you able to turn a key to unlock a door?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_4	Are you able to take a shower?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_40	Are you able to turn sink faucets on and off?	☐ 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
PF_41	Are you able to type a few sentences on a computer keyboard?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_42	Are you able to move about the house?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_43	Are you able to use a regular computer mouse?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_44	Are you able to move wet clothes from the washer to the dryer?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_45	Are you able to move around on a slippery surface outdoors?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_46	Are you able to move about in a dark room or hallway without falling?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_47	Are you able to do vigorous activities, such as playing sports?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_48	Are you able to carry a shopping bag?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_49	Are you able to dress yourself?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_5	Are you able to wash and dry your feet?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_50	Are you able to wash dishes and utensils by hand?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_51	How much difficulty do you currently have sitting down on a low, soft couch?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_54	Are you able to transfer from a bed to a chair or a wheelchair?	☐ 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
PF_55	If you need to, are you physically able to rush for a short distance, such as to cross a street?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_56	Are you able to move from the street to the sidewalk without a curb cut?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_57	Are you able to use a moving escalator safely?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_58	Are you able to fasten buttons on a shirt or blouse?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_59	Are you able to hold a card or letter in order to read it?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_6	Are you able to cut your toenails?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_60	Are you able to fold clean laundry?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_61	Are you able to get into a vehicle?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_62	How much difficulty do you currently have getting into and out of a truck, bus, shuttle van or sport utility vehicle?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_63	How much difficulty do you currently have applying spreads to breads using a knife?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_64	How much difficulty do you currently have playing cards or Bingo or other light recreational activities?.....	☐ 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
PF_65	How much difficulty do you currently have removing wrappings from small objects?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_7	Are you able to exercise regularly?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_9	Are you able to receive a call on a cell phone?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA12	Are you able to push open a heavy door?..	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA14	Are you able to carry a heavy object (over 10 pounds)?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA20	Are you able to cut your food using eating utensils?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA25	Are you able to do yard work like raking leaves, weeding, or pushing a lawn mower?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA31	Are you able to get up off the floor from lying on your back without help?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA33	Are you able to exercise hard for half an hour?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA36	Are you able to put on and take off a coat or jacket?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA38	Are you able to dry your back with a towel?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA43	Are you able to write with a pen or pencil?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA44	Are you able to put on a shirt or blouse?...	☐ 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
PFA45	Are you able to get out of bed into a chair?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA50	Are you able to brush your teeth?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA51	Are you able to sit on the edge of a bed?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA52	Are you able to tie your shoelaces?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA53	Are you able to run errands and shop?	☐ 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
PFA8	Are you able to move a chair from one room to another?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA9	Are you able to bend down and pick up clothing from the floor?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB12	Are you able to make a bed, including spreading and tucking in bed sheets?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB15	Are you able to change the bulb in a table lamp?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB20	Are you able to cut a piece of paper with scissors?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB21	Are you able to pick up coins from a table top?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB22	Are you able to hold a plate full of food?	☐ 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
PFB26	Are you able to shampoo your hair?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB27	Are you able to tie a knot or a bow?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB34	Are you able to change a light bulb overhead?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB41	Are you able to trim your fingernails?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB8	Are you able to carry two bags filled with groceries 100 yards?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC42_PF	Are you able to open a tight or new jar?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC45	Are you able to get on and off the toilet?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC47	Are you able to be out of bed most of the day?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC49	Are you able to water a house plant?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC53	Are you able to get in and out of bed?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
	Group B Items (PF_16 thru PFC6)	**Without any difficulty**	**With a little difficulty**	**With some difficulty**	**With much difficulty**	**Unable to do**
PF_16	Are you able to hike a couple of miles on uneven surfaces, including hills?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_17	Are you able to walk more than a mile?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA23	Are you able to go for a walk of at least 15 minutes?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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	Group B Items (PF_16 thru PFC6)	**Without any difficulty**	**With a little difficulty**	**With some difficulty**	**With much difficulty**	**Unable to do**
PFA42	Are you able to carry a laundry basket up a flight of stairs?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB9	Are you able to jump up and down?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC13	Are you able to run 100 yards?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC32	Are you able to climb up 5 flights of stairs?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC38	Are you able to walk at a normal speed? ...	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC6	Are you able to walk a block on flat ground?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
	Group C Items (PF_21 thru PFC40)	**Without any difficulty**	**With a little difficulty**	**With some difficulty**	**With much difficulty**	**Unable to do**
PF_21	Are you able to go up and down stairs?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_3	Are you able to stand on a moving escalator?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_52	How much difficulty do you currently have standing up from a low, soft couch? .	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PF_53	Are you able to stand upright briefly without support?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA10	Are you able to stand for one hour?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA37	Are you able to stand for short periods of time?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA41	Are you able to squat and get up?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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	Group C Items (PF_21 thru PFC40)	**Without any difficulty**	**With a little difficulty**	**With some difficulty**	**With much difficulty**	**Unable to do**
PFB10	Are you able to climb up five steps?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB32	Are you able to stand unsupported for 10 minutes?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC29	Are you able to walk up and down two steps?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC40	Are you able to kneel on the floor?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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