Physical Function

Please respond to each item 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
PFA13	Are you able to exercise for an hour?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA14	Are you able to carry a heavy object (over 10 pounds)?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA18	Are you able to use a hammer to pound a nail?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA19	Are you able to run or jog for two miles?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA21	Are you able to go up and down stairs at a normal pace?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA24	Are you able to climb several flights of stairs?	☐ 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
PFA26	Are you able to do two hours of physical labor?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA27	Are you able to run on uneven ground?..	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA29	Are you able to pull heavy objects (10 pounds) towards yourself?	☐ 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
PFA31	Are you able to get up off the floor from lying on your back without help?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA41	Are you able to squat and get up?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA42	Are you able to carry a laundry basket up a flight of stairs?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA53	Are you able to run errands and shop? ...	☐ 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
PFB10	Are you able to climb up five steps?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB11	Are you able to wash dishes, pots, and utensils by hand while standing at a sink?	☐ 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
PFB13	Are you able to carry a shopping bag or briefcase?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB17	Are you able to put on and take off your socks?.....	☐ 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
PFB32	Are you able to stand unsupported for 10 minutes?	☐ 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
PFB42	Are you able to stand unsupported for 30 minutes?	☐ 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
PFA2	Does your health now limit you in exercising regularly?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA3	Does your health now limit you in bending, kneeling, or stooping?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA4	Does your health now limit you in doing heavy work around the house like scrubbing floors, or lifting or moving heavy furniture?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA5	Does your health now limit you in lifting or carrying groceries?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA6	Does your health now limit you in bathing or dressing yourself?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB1	Does your health now limit you in doing moderate work around the house like vacuuming, sweeping floors or carrying in groceries?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB3	Does your health now limit you in putting a trash bag outside?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB43	Does your health now limit you in taking care of your personal needs (dress, comb hair, toilet, eat, bathe)?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB44	Does your health now limit you in doing moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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		Not at all	Very little	Somewhat	Quite a lot	Cannot do
PFB46	Does your health now limit you in doing housework or jobs around the house?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB47	Does your health now limit you in doing recreational activities which require little exertion (e.g., card playing, knitting, etc.)?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB49	Does your health now limit you in going for a short walk (less than 15 minutes)?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB5	Does your health now limit you in hiking a couple of miles on uneven surfaces, including hills?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB51	Does your health now limit you in participating in active sports such as swimming, tennis, or basketball?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB52	Does your health now limit you in pursuing your hobbies or other leisure activities?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB55	Does your health now limit you in traveling out of town for an overnight stay?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
		No difficulty at all	**A little bit of difficulty**	**Some difficulty**	**A lot of difficulty**	**Can't do because of health**
PFB50	How much difficulty do you have doing your daily physical activities, because of your health?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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