Mobility

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
PFC38	Are you able to walk at a normal speed?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA15	Are you able to stand up from an armless straight chair?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA21	Are you able to go up and down stairs at a normal pace?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA23	Are you able to go for a walk of at least 15 minutes?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA31r1	Are you able to get up from the floor from lying on your back without help?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB9	Are you able to jump up and down?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB10	Are you able to climb up five steps?	☐ 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
PFA10	Are you able to stand for one hour?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB40	Are you able to stand up on tiptoes?	☐ 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**
PFC37	Does your health now limit you in climbing one flight of stairs?.....	☐ 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
PFC10	Does your health now limit you in climbing several flights of stairs?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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