Physical Function – Short Form 10b

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
PFA56	Are you able to get in and out of a car?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA21	Are you able to go up and down stairs at a normal pace?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA53	Are you able to run errands and shop?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA9	Are you able to bend down and pick up clothing from the floor?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB28r1	Are you able to lift 10 pounds (5 kg) above your shoulder?	☐ 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
PFA6	Does your health now limit you in bathing or dressing yourself?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB3	Does your health now limit you in putting a trash bag outside?	☐ 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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