

PATIENT SPECIFIC FUNCTIONAL (PSFS)

Clinicians to read and fill in *Functional Goal and Outcome Worksheet*.

Note: Complete at the end of the history and prior to the physical examination.

Read at Baseline Assessment

I'm going to ask you to identify 3 to 5 important activities that you are unable to do or are having difficulty with as a result of your _____ problem. Today, are there any activities that you are unable to do or have difficulty with because of your problem? (Clinician: show scale)

Supplement: Are there any other activities that you are having just a little bit of difficulty with? For examples, activities that you might assign a score of 6 or more to. List up to 2 activities. (record as Supplementary 1 and 2 (S1 and S2).

Read at Follow-up Visits

When I assessed you on (state previous assessment date), you told me that you had difficulty with (read all activities from list one at a time).

Today, do you still have difficulty with 1 (have patient score each item); 2(have patient score each item); 3 (have patient score each item); etc.

Patient Specific Activity Scoring scheme (Point to one number):

| | | | | | | | | | | |
|----------------------------|---|---|---|---|--|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Unable to perform activity | | | | | Able to perform activity at same level as before injury or problem | | | | | |

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| Activity | Initial score | | | | |
|----------|---------------|--|--|--|--|
| 1. | | | | | |
| 2. | | | | | |
| 3. | | | | | |
| 4. | | | | | |
| 5. | | | | | |

Total score = sum of the activity scores/number of activities

Minimum detectable change (90%CI) for average score = 2 points

Minimum detectable change (90%CI) for single activity score = 3 points