

The Patient Specific Functional Scale (PSFS)

This is a patient-specific questionnaire that requires patients to identify up to five important activities that they are having difficulty with as a result of their condition. The patient rates difficulty on an 11-point numerical scale (0 = unable to perform the activity; 10 = able to perform activity at the same level as before the injury or problem). The average score for up to five activities is established as the PSFS score. This scale has been established as reliable, valid, and responsive in a number of patient populations, including patients with low back pain.¹⁻³

1. Chatman A, Neel J, Hyams S, Binkley J, Stratford P, Schomburg A, et al. The Patient Specific Functional Scale: measurement properties in patients with knee dysfunction. *Phys Ther* 1997;77:820-29.
2. Stratford P, Gill C, Westaway M, Binkley J. Assessing disability and change on individual patients: a report of a patient specific measure. *Physiother Can* 1995;47:258-63.
3. Westaway M, Stratford P, Binkley J. The Patient Specific Functional Scale: validation of its use in persons with neck dysfunction. *J Ortho Phys Ther* 1998;27:331-38.

PATIENT SPECIFIC FUNCTIONAL SCALE (PSFS)

Read at Baseline Examination (with treating therapist):

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

Supplement: Are there any other activities that you are having just a little bit of difficulty with? For example, activities that you might assign a score of 6 or more to. List up to 2 activities.

Read at re-evaluations:

When you were initially 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 your (injury or problem)

Activity	Baseline Score	6-Week Score	1-Year Score
1.			
2.			
3.			
Average:			
Supplement 1:			
Supplement 2:			
Average:			