

Lower Extremity Activity Scale (LEAS)

Baseline 6 weeks 12 weeks 26 weeks 52 weeks ____ years

Please read through each description given below. Pick the ONE description that best describes your regular daily activity and put a check in that box (Check only one box).

- A. I am confined to bed all day. (1)
- B. I am confined to bed most of the day except for minimal transfer activities (going to the bathroom, etc.). (2)
- C. I am either in bed or sitting in a chair most of the day. (3)
- D. I sit most of the day, except for minimal transfer activities, no walking or standing (4).
- E. I sit most of the day, but I stand occasionally and walk a minimal amount in my house. (I may rarely leave the house for an appointment and may require the use of a wheelchair or scooter for transportation.) (5)
- F. I walk around my house to a moderate degree but I don't leave the house on a regular basis. I may leave the house occasionally for an appointment. (6)
- G. I walk around my house and go outside at will, walking one or two blocks at a time. (7)
- H. I walk around my house, go outside at will and walk several blocks at a time without any assistance (weather permitting). (8)
- I. I am up and about at will in my house and can go out and walk as much as I would like with no restrictions (weather permitting). (9)
- J. I am up and about at will in my house and outside. I also work outside the house in a:
- Minimally (10)
 - Moderately (11)
 - Extremely active job (12)
(Please check the best description of your work level.)
- K. I am up and about at will in my house and outside. I also participate in relaxed physical activity such as jogging, dancing, cycling, swimming:
- Occasionally (2-3 times per month) (13)
 - 2-3 times per week (14)
 - Daily (15)
(Please check the best description of how often you participate in this activity.)
- L. I am up and about at will in my house and outside. I also participate in vigorous physical activity such as competitive level sports:
- Occasionally (2-3 times per month) (16)
 - 2-3 times per week (17)
 - Daily (18)
(Please check the best description of how often you participate in this activity.)