

## SARC-F

Strength, Ambulation, Rising from a chair, Stair climbing and history of Falling

**Purpose :** Screening test for sarcopenia

**Admin time :** 5 min

**User Friendly :** High

**Administered by :** GP or nurse

**Content :** There are 5 SARC-F components: Strength, Assistance with walking, Rise from a chair, Climb stairs and Falls.

The scores range from 0 to 10, with 0 to 2 points for each component.

A score equal to or greater than 4 is predictive of sarcopenia and poor outcome

**Author :** Malmstrom TK, Morley JE, 2013

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<https://www.cgakit.com/sarc-f-questionnaire>

# SARC-F Assessment

Name : \_\_\_\_\_

Date : \_\_\_\_\_

Assessed by : \_\_\_\_\_

Component	Question	Scoring	Score
<b>Strength</b>	How much difficulty do you have in lifting and carrying 10 pounds?	None = 0 Some = 1 A lot or unable = 2	
<b>Assistance in walking</b>	How much difficulty do you have walking across a room?	None = 0 Some = 1 A lot, use aids, or unable = 2	
<b>Rise from a chair</b>	How much difficulty do you have transferring from a chair or bed?	None = 0 Some = 1 A lot or unable without help = 2	
<b>Climb stairs</b>	How much difficulty do you have climbing a flight of 10 stairs?	None = 0 Some = 1 A lot or unable = 2	
<b>Falls</b>	How many times have you fallen in the past year?	None = 0 1 - 3 falls = 1 4 or more falls = 2	

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**TOTAL SCORE**

## SCORING :

A score equal to or greater than 4 is predictive of sarcopenia and poor outcomes.