
The Patient-Specific Functional Scale

Please identify up to three important activities that you are unable to do or are having difficulty with as a result of your injury or problem and score each activity on a scale of 0 (unable to perform) to 10 (able to perform activity at the same level as before injury or problem).

Activity 1:

Activity 2:

Activity 3:

Average Score:

Interpretation

0 = unable to perform, 10 = able to perform at prior level

Higher score indicates better functional ability to perform identified activities.

Minimally Clinically Important Difference (MCID)

Minimal Detectable Change (MDC)

Single activity score: MDC (90% CI) = 3 points.

Average score: MDC (90% CI) = 2 points.

Chronic Pain: MDC = 2 points.

Low Back Pain: MDC = 1.4 points.

Upper Extremity Musculoskeletal: MCID = 1.2 points.

Spinal Stenosis: MCID = 1.34 points, MDC = 2.4 points.

Hand Osteoarthritis: MCID = 2.2 points, MDC (90% CI) = 1.3 points, MDC (95% CI) = 1.56 points.

Proximal Humeral Fracture: MCID = 2 or more points.

Knee Dysfunction: MDC = 1.5 points.

Neck Dysfunction: MDC = 2 points.

Lower Limb Amputation: MDC (Item 1) = 3.3 points, MDC (Item 2) = 4.2 points, MDC (Item 3) = 3.1 points.

Community-Dwelling Older Adults: MDC = 2.8 points.

These are published values for specific populations and provide guidance if the patient does not have the listed condition.

Selected References

1. Stratford P, Gill C, Westaway M, Binkley J. Assessing disability and change on individual patients: a report of a patient specific measure. *Physiotherapy Canada*. 1995;47:258-263.
 2. Resnik L, Borgia M. Reliability of outcome measures for people with lower-limb amputations: distinguishing true change from statistical error. *Phys Ther*. 2011; 91(4):555-565.
 3. Hefford C, Abbott JH, Arnold R, et al. The patient-specific functional scale: validity, reliability, and responsiveness in patients with upper extremity musculoskeletal problems. *J Orthop Sports Phys Ther*. 2012;42(2):56-65.
 4. Mathis R, Taylor J, Odom B, et al. Reliability and validity of the patient-specific functional scale in community-dwelling older adults. *J Geriatr Phys Ther*. 2019;42(3):E67-E72.
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