

## The Patient-Specific Functional Scale

**Use this to help record your progress each week. Seeing your improvements will help motivate you to ‘stick with the program’; and help you to know when to increase your exercise.**

I am going to ask you to identify *up to three* important activities that you are unable to do or are having difficulty with as a result of your health problem.

### Patient-specific activity scoring scheme.

0	1	2	3	4	5	6	7	8	9	10
Unable to Perform Activity										Able to perform activity at same level as before health problem

<b>Activity</b> – Choose activities which are important to you, or are part of your normal daily routine.	<b>Weekly score out of 10</b>							
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>1.</b>								
<b>2.</b>								
<b>3.</b>								