

CONTINUOUS SCALE PHYSICAL FUNCTIONAL PERFORMANCE-10

Short Version

Distribution of data across 5 domains of function

Tasks	SUBSCALES					CS-PFP Total
	Upper Body Strength	Upper Body Flexibility	Lower Body Strength	Balance & Coordination	Endurance	
<i>Low Effort-Personal</i>						
Pan Carry	Weight			Time		
Jacket		Time		Time		
Scarves			Time	Time		
Reach		Distance		Time		
<i>Medium Effort-Household</i>						
Floor Sweep			Time	Time		
Laundry	Time		Time			
Floor down/up			Time	Time		
<i>Hard Effort-Mobility</i>						
Grocery	Weight		Time	Time		
Stair climb			Time			
Endurance walk					Distance	
Sum of all Timed Tasks					Sum of Time	
Domain - Average of tasks	Upper Body Strength	Upper Body Flexibility	Lower Body Strength	Balance & Coordination	Endurance	Average of all tasks