

Locomotive Syndrome Risk Test Result Recording Sheet

The “locomotive syndrome risk test” consists of three parts. Please record the results of the tests you have completed.

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25-question geriatric locomotive function scale (GLFS-25) (for assessing your physical condition and lifestyle)

During the past month, have you experienced any physical pain or difficulties in your daily activities? Please answer the following 25 questions to find out your locomotive syndrome stage (LS stage).

The following are questions about any physical pain experienced in the past one month:

Q1	Did you have any pain (including numbness) in your neck, shoulders, arms, or hands?	No pain	Slight pain	Moderate pain	Considerable pain	Extreme pain
Q2	Did you have any pain in your back, lower back, or buttocks?	No pain	Slight pain	Moderate pain	Considerable pain	Extreme pain
Q3	Did you have any pain (including numbness) in your lower body (pelvic region, thighs, knees, calves, shins, ankles, or feet)?	No pain	Slight pain	Moderate pain	Considerable pain	Extreme pain
Q4	To what extent has it been painful to move your body in daily life?	Not painful	Slightly painful	Moderately painful	Considerably painful	Extremely painful

The following are questions about your everyday life in the past one month:

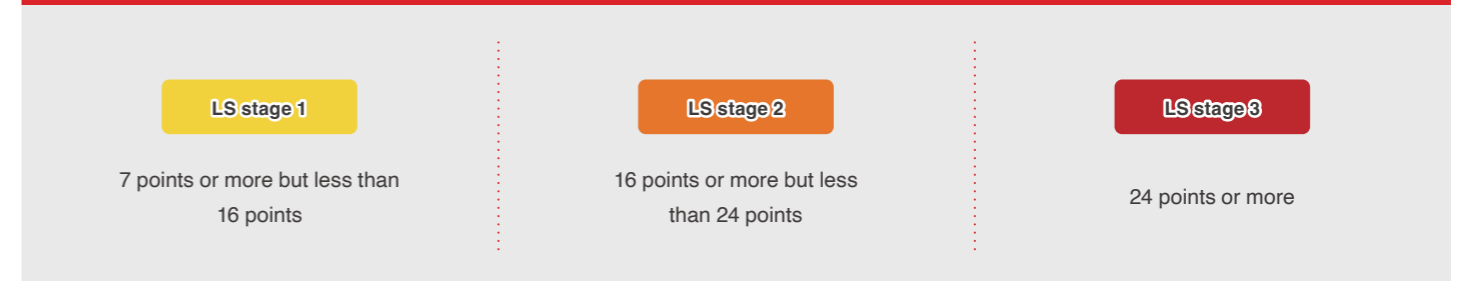
Q5	To what extent has it been difficult to get up from a bed or lie down?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q6	To what extent has it been difficult to stand up from a sitting position?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q7	To what extent has it been difficult to walk inside your residence?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q8	To what extent has it been difficult to put on and take off shirts?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q9	To what extent has it been difficult to put on and take off pants and underwear?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q10	To what extent has it been difficult to use the toilet?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q11	To what extent has it been difficult to wash your body in a bath?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q12	To what extent has it been difficult to go up and down stairs?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q13	To what extent has it been difficult to walk briskly?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q14	When going out, to what extent has it been difficult to keep yourself neat?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q15	How far can you keep walking without rest? (Select the <u>closest</u> answer.)	2 km or more	About 1 km	About 300 m	About 100 m	About 10 m
Q16	To what extent has it been difficult to go next door or around your neighborhood?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult

Q17	To what extent has it been difficult to carry objects weighing about two kilograms (roughly the weight of two one-liter milk cartons)?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q18	To what extent has it been difficult to go out using trains or buses?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q19	To what extent has it been difficult to perform light housework (such as preparing and cleaning dishes or simple housekeeping)?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q20	To what extent has it been difficult to perform somewhat heavy housework (such as vacuuming or carrying mattresses and bedding)?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q21	To what extent has it been difficult to participate in sports or dances (such as jogging, swimming, or gateball)?	Not difficult	Slightly difficult	Moderately difficult	Considerably difficult	Extremely difficult
Q22	Have you had to refrain from meeting close friends and acquaintances?	Did not refrain	Slightly refrained	Moderately refrained	Considerably refrained	Completely refrained
Q23	Have you had to refrain from community activities or events?	Did not refrain	Slightly refrained	Moderately refrained	Considerably refrained	Completely refrained
Q24	Have you felt anxious about falling in your residence?	Not anxious	Slightly anxious	Moderately anxious	Considerably anxious	Extremely anxious
Q25	Have you felt anxious about being unable to walk in the future?	Not anxious	Slightly anxious	Moderately anxious	Considerably anxious	Extremely anxious

<p>Fill in the number of answers</p> <p>Add up the number of points</p>	0 pts. =	1 pt. =	2 pts. =	3 pts. =	4 pts. =
	Total:			pt(s).	

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How your LS stage is checked



- LS stage 1** Your mobility is starting to decline.
- LS stage 2** The decline in your mobility is progressing.
- LS stage 3** The decline in your mobility has progressed to the point that your social participation is limited.