

# Industrial Physical Therapy, Inc.

## Functional Abilities Confidence Scale

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Intructions: We would like to know how confident you are that you can do things today. Using the 0% to 100% rating scale, if you feel that you cannot sit for any length of time (item #1), you might rate this item as 0%. If you feel totally confident that you are able to do this activity, you might rate this item as 100%. Circle the number scale that best describes your current level of confidence that you could perform the activity, in various situations, regardless of pain and discomfort experienced.

	Not at all Confident											Completely confident
<b>1.</b> How confident are you that you can sit in any type of chair or seat for as long as you want or need to?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>2.</b> How confident are you that you can stand for as long as you want or need to?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>3.</b> How confident are you that you can walk as long as you want or need to?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>4.</b> How confident are you that you can climb up and down stairs?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>5.</b> How confident are you that you can get up and down from a sofa or chair?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>6.</b> How confident are you that you can get in and out of a car or bus?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>7.</b> How confident are you that you can sleep comfortably?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>8.</b> How confident are you that you can reach above your head?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>9.</b> How confident are you that you can bend down and return to a standing position?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>10.</b> How confident are you that you can kneel down and return to a standing position?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>11.</b> How confident are you that you could carry a small box?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>12.</b> How confident are you that you can carry a large box?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>13.</b> How confident are you that you can lift a box from a table?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>14.</b> How confident are you that you can lift a box from the floor?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
<b>15.</b> How confident are you that you could push or pull an object?	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	