**PAEDIATRIC TESS (pTESS - Leg)**

**LEG QUESTIONNAIRE**

The next few questions ask you about things that you do in life and we want to know if **over the past week** it has been easy or hard for you to do them. Some things you might not have been able to do but that is OK. Please put a check mark beside the answer that you feel is the right answer for you.

Please **do not** have your parents help you with the answers. If you need help reading a word, you can ask them to read it to you, but **please answer all by yourself**.

**EXAMPLE**

Riding a bicycle is:

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_too hard. I can’t do this.

 6\_\_\_\_I do not do this.

You should choose the answer "too hard. I can’t do...." if the activity is **something that you usually do** but **now you can’t do** because of your leg.

If you do not usually do the activity then put a check mark beside the response "6".

We want to know if **over the past week** it has been easy or hard for you to do the following activities.

**1) Putting on a pair of pants is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**2) Putting on shoe(s) is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**3) Putting on sock(s):**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**4) Showering is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**5) Cleaning up your room is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**6) Jumping, like in a game of hopscotch is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**7) Helping with the shopping is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**8) Moving heavy things is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**9) Getting in and out of the bath tub is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**10) Getting out of bed is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**11) Getting up out of a chair is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**12) Bending down on your knees is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**13) Bending to pick something up off the floor is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**14) Walking upstairs is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**15) Walking downstairs is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

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**16) Riding a bike is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**17) Walking in your house is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**18) Walking outside is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**19) Walking up or down a hill is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**20) Standing straight is:**

1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**21) Getting up from your knees is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**22) Getting in and out of a car is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**23) Participating in activities at school is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**24) Going to school everyday, all day is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**25) Playing my favorite games is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**26) Playing with friends and family is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**27) Playing my usual sports is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**28) Running is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**29) Keeping up with friends is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**30) Walking for a long time (more than one hour) is:**

 1\_\_\_\_not at all hard.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

 6\_\_\_\_I do not do this.

**DOING all the things I want to do is:**

(Please put a mark on the line below)

10

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 EASY VERY VERY HARD

**How do you FEEL about what you can do?:**

(Please put a mark on the line below)

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10

 VERY BAD VERY GOOD

Have we forgotten to ask you about anything else that you find hard to do because of your leg? Please print or write anything on the lines below.

What bugged you most about the operation?

**Please check to make sure that you have answered all the questions.**

**Thank you for taking the time to answer these questions.**