



**Prosthetic Limb Users  
Survey of Mobility (PLUS-M)  
Version 1.2 – English (US)**

7-item Short Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Please respond to all questions as if you were wearing the prosthetic leg(s) you use most days. If you would normally use a cane, crutch, or walker to perform the task, please answer the questions as if you were using that device.

Please choose "unable to do" if you:

- Would need help from another person to complete the task,
- Would need a wheelchair or scooter to complete the task, or
- Feel the task may be unsafe for you

**Please mark one box per row.**

Question	Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
1. Are you able to walk a short distance in your home?	<input type="checkbox"/> (5)	<input type="checkbox"/> (4)	<input type="checkbox"/> (3)	<input type="checkbox"/> (2)	<input type="checkbox"/> (1)
2. Are you able to step up and down curbs?	<input type="checkbox"/> (5)	<input type="checkbox"/> (4)	<input type="checkbox"/> (3)	<input type="checkbox"/> (2)	<input type="checkbox"/> (1)
3. Are you able to walk while carrying a shopping basket in one hand?	<input type="checkbox"/> (5)	<input type="checkbox"/> (4)	<input type="checkbox"/> (3)	<input type="checkbox"/> (2)	<input type="checkbox"/> (1)
4. Are you able to keep walking when people bump into you?	<input type="checkbox"/> (5)	<input type="checkbox"/> (4)	<input type="checkbox"/> (3)	<input type="checkbox"/> (2)	<input type="checkbox"/> (1)
5. Are you able to keep up with others when walking?	<input type="checkbox"/> (5)	<input type="checkbox"/> (4)	<input type="checkbox"/> (3)	<input type="checkbox"/> (2)	<input type="checkbox"/> (1)
6. Are you able to walk down a steep gravel driveway?	<input type="checkbox"/> (5)	<input type="checkbox"/> (4)	<input type="checkbox"/> (3)	<input type="checkbox"/> (2)	<input type="checkbox"/> (1)
7. Are you able to hike about 2 miles on uneven surfaces, including hills?	<input type="checkbox"/> (5)	<input type="checkbox"/> (4)	<input type="checkbox"/> (3)	<input type="checkbox"/> (2)	<input type="checkbox"/> (1)

## Scoring the PLUS-M™ 7-Item Short Form

PLUS-M™ short forms are scored with a T-score. To find the T-score, sum scores for all responses on the short form. This is the raw score. Do not use the raw score for any purpose other than to look up the T-score using the conversion table below. If any questions on the short form are unanswered, refer to the PLUS-M™ Short Form Users Guide for instructions on scoring *incomplete* short forms.

### PLUS-M™ 7-item Short Form (v1.2) T-score Conversion Table

Raw Score	T-score	SE	Percentile
7	23.3	4.8	0.4%
8	27.0	3.9	1.1%
9	29.3	3.6	1.9%
10	31.1	3.4	3.0%
11	32.8	3.2	4.3%
12	34.4	3.0	5.9%
13	35.8	2.8	7.8%
14	37.2	2.7	10.0%
15	38.4	2.7	12.3%
16	39.6	2.6	15.0%
17	40.8	2.6	17.8%
18	41.9	2.6	20.9%
19	43.0	2.6	24.3%
20	44.2	2.6	28.0%
21	45.3	2.6	31.9%

Raw Score	T-score	SE	Percentile
22	46.4	2.6	36.1%
23	47.6	2.6	40.5%
24	48.8	2.6	45.1%
25	50.0	2.7	49.9%
26	51.2	2.7	54.9%
27	52.5	2.8	59.9%
28	53.9	2.9	65.1%
29	55.3	3.1	70.1%
30	56.8	3.2	75.1%
31	58.3	3.4	79.8%
32	60.0	3.4	84.2%
33	62.2	3.6	88.9%
34	65.2	4.0	93.5%
35	69.9	5.1	97.7%

Record the PLUS-M™ T-score here.

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PLUS-M™ T-score

For T-scores with standard error (SE) greater than 3.0, use of the PLUS-M™ 12-item short form or the PLUS-M™ CAT ([www.plus-m.org](http://www.plus-m.org)) is recommended to obtain better measurement precision. Percentile indicates the percent of the PLUS-M™ development sample that reported lower mobility than is reflected by the corresponding T-Score. For more information on interpretation of PLUS-M™ T-scores, please refer to the PLUS-M™ Short Form Users Guide.