

## SARC-F Screen for Sarcopenia (Loss of Muscle)

Component	Question
<u>S</u> trength	How much difficulty do you have in lifting and carrying 10 pounds?
Scoring: None = 0	Some = 1                      At lot or unable = 2
<u>A</u> ssistance in Walking	How much difficulty do you have walking across a room?
Scoring: None = 0	Some = 1                      At lot, use aids or unable = 2
<u>R</u> ise from a Chair	How much difficulty do you have transferring from a chair or bed?
Scoring: None = 0	Some = 1                      At lot or unable without help= 2
<u>C</u> limb Stairs	How much difficulty do you have climbing a flight of ten stairs?
Scoring: None = 0	Some = 1                      At lot or unable = 2
<u>F</u> alls	How many times have you fallen in the last year?
Scoring: None = 0	1-3 Falls= 1                      4 or more falls = 2

**Total score of 4 or more indicates possible sarcopenia.** Talk to your health care professional for more information.

Total SARC-F Score: \_\_\_\_\_