

SARC-F Screen for Sarcopenia: Component Question Scoring

Strength: How much difficulty do you have in lifting and carrying 10 pounds?

- None 0
- Some 1
- A lot or unable 2

Assistance in walking: How much difficulty do you have walking across a room?

- None 0
- Some 1
- A lot, use aids, or unable 2

Rise from a chair: How much difficulty do you have transferring from a chair or bed?

- None 0
- Some 1
- A lot or unable without help 2

Climb stairs: How much difficulty do you have climbing a flight of 10 stairs?

- None 0
- Some 1
- A lot or unable 2

Falls: How many times have you fallen in the past year?

- None 0
- less than 3 falls 1
- 4 or more falls 2

Data suggests that a SARC-F score of ≥ 4 best predicts the need for further, more comprehensive evaluation

Source:

<https://www.physio-pedia.com/SARC-F: A Simple Questionnaire to Rapidly Diagnose Sarcopenia>