

SARC-F

Strength, Ambulation, Rising from a chair, Stair climbing and history of Falling

Purpose : Screening test for sarcopenia

Admin time : 5 min

User Friendly : High

Administered by : GP or nurse

Content : There are 5 SARC-F components: Strength, Assistance with walking, Rise from a chair, Climb stairs and Falls.

The scores range from 0 to 10, with 0 to 2 points for each component.

A score equal to or greater than 4 is predictive of sarcopenia and poor outcome

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<https://www.cgakit.com/sarc-f-questionnaire>

SARC-F Assessment

Name : _____

Date : _____

Assessed by : _____

Component	Question	Scoring	Score
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 1 - 3 falls = 1 4 or more falls = 2	

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TOTAL SCORE

SCORING :

A score equal to or greater than 4 is predictive of sarcopenia and poor outcomes.