

SARC-CaIF

SARC-F COMBINED WITH CALF CIRCUMFERENCE

NAME:

UR:

DATE:

Component	Question	Scoring	Score
Strength	How much difficulty do you have in lifting and carrying 5 kgs?	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 to 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	
Calf circumference*	* Refer to Calf Circumference How to Guide for procedure and BMI adjustments.	Females: >33 cm = 0 ≤33 cm = 10 Males: >34 cm = 0 ≤34 cm = 10	

TOTAL SCORE

SCORING:

A score 0-10 = low risk of sarcopenia

A score ≥ 11 = at risk of sarcopenia

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