

Perinatal Function and Mobility Scale: Self-Assessment and Screening Tool

The PFMS assesses activity tolerance in the perinatal population to determine the benefit of providing obstetrics rehab, doula support, or other services (e.g. equipment) before and immediately after the end of pregnancy.

An automatic rehabilitation screen with the PFMS is recommended during hospital admission after: cesarean section, cesarean hysterectomy, postpartum hemorrhage, perineal laceration, sulcus tear, symphysis pubis dysfunction, postpartum coccydynia, obstetric neurological injury; and diagnosis of: preeclampsia, eclampsia, gestational hypertensive disorders, and gestational diabetes.

Name: _____

Date: _____

Perinatal Function and Mobility Scale

Circle the number that corresponds with how much difficulty you have with the following activities:

Functional Activities	Examples	Unable	A lot of difficulty	A little difficulty	No difficulty
1. Getting out of bed without support	- Without help from another person - With the bed flat and without bed rails	0	1	2	3
2. Standing at least 5 minutes to perform a task	- Meal preparation - Standing to shower	0	1	2	3
3. Performing lower body dressing	Putting on and taking off socks, underwear, pants	0	1	2	3
4. Completing toileting tasks	- Getting on and off a toilet - Perineal hygiene	0	1	2	3
5. Walking for 3 – 5 minutes without assistance	- To a pediatrician appointment or NICU - Within a grocery store	0	1	2	3

Cite: Segraves R, Segraves J. PFMS. Perinatal Function and Mobility Scale. In: [Enhanced Recovery After Delivery®](#) clinical pathway, Enhanced Recovery and Wellness, LLC; 2021–2026. This survey has not been psychometrically tested for reliability. It is a tool that is intended to support access to equitable care and ongoing surveillance of populations regardless of their race, age, gender, education, primary language, socioeconomic status, or perinatal status in all maternity care settings. For more information, contact: erad@erawinc.com

PFMS



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Circle the number that corresponds with how much difficulty you have with the following activities:

Functional Activities	Examples	Unable	A lot of difficulty	A little difficulty	No difficulty
6. Walking while carrying an object	▪ Newborn ▪ Laundry basket	0	1	2	3
7. Negotiating 3 or more stairs	▪ Independently ▪ Without the use of a handrail	0	1	2	3
8. Caring for one or more people by yourself	▪ Newborn ▪ Other children	0	1	2	3

**Lower scores represent impairments with activity tolerance, independence, and functional mobility.
Recommend referral to an occupational therapist or physical therapist for scores < 20.**

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