

Lipedema Physical Evaluation

Prepared by @lipdemama

Patient Information

Patient Name:	
Date of Birth:	
Age:	
Gender:	
Patient Address:	street: city: state: zip:
Patient Phone:	
Patient Email:	
Evaluation Date:	
Patient Weight:	
Patient Height:	

Introduction and Requirements:

This assessment aims to objectively and independently assess the physical impact of lipedema on the patient's ability to function daily. Lipedema impacts the limbs, buttocks, hips, and abdomen. This evaluation includes ten tests and the completion of two functional questionnaires. It should take one hour to complete.

The following equipment is required:

1. Stopwatch
2. Device to measure Heart Rate (Pulse) - *(optional if measuring pulse manually)*

3. Treadmill, flat track, or flat sidewalk
4. A 12" step that will support the patient's weight
5. Chair without arms (17" seat height)
6. Metronome
7. Exercise or Yoga Mat
8. 5-pound dumbbell
9. 20-pound box
10. 20-pound dumbbell x2

Lipedema Physical Evaluation:

Patient Pain Level (Scale 0-10: 0 none to 10 severe)

Palpate the areas below before and after evaluation. Query the patient for pain level.

Area	Pain Level Before (0-10)	Pain Level After (0-10)
Thighs		
Calves		
Arms		
Hips		
Buttocks		
Abdomen		

Heart Rate #1 (Pulse) Before Evaluation

Measure heart rate for one minute before beginning the evaluation.

Heart Rate (BPM)	
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1. Walk or Run Test (6 minutes)

Test for leg, hip, and buttocks strength and endurance as well as the impact excess lipedema tissue has on the patient's gait.

Patient Activity	<input type="checkbox"/> Walk <input type="checkbox"/> Run <input type="checkbox"/> Both
Patient Gait	<input type="checkbox"/> Normal <input type="checkbox"/> Abnormal
Notes on Gait:	
Pain Level Before (0-10)	
Fatigue Level Before (0-10)	
Pain Level After (0-10)	
Fatigue Level After (0-10)	

Heart Rate #2 (Pulse) Immediately After Walk or Run Test

Heart Rate (BPM)	
Rate of Perceived Exertion:	<input type="checkbox"/> No Effort <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Maximal

2. Squat Test (1 minute)

Test for leg, hip, and buttocks strength and endurance. Stand in front of a 17-inch seat height chair.

Repetitions (in 1 min):	
Mark Finding:	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Above Avg <input type="checkbox"/> Average <input type="checkbox"/> Below Avg <input type="checkbox"/> Poor <input type="checkbox"/> Very Poor

Age	Excellent	Good	Above Average	Average	Below Average	Poor	Very Poor
30-39	>26	24-26	21-23	18-20	15-17	12-14	<12

3. Sit-to-Stand Test (STS) (30 seconds)

Test for leg, hip, and buttocks strength and endurance. Arms crossed at wrists, held at chest. Max repetitions in 30 seconds.

Repetitions (in 30 sec):	
Mark Finding:	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Average <input type="checkbox"/> Below Average <input type="checkbox"/> Poor

Age	Excellent	Good	Average	Below Average	Poor
35-39	>28	25-28	22-24	18-21	<18

4. Three-Minute Step Test

Measures leg, hip, and buttock strength and endurance. 12-inch step, metronome at 96 BPM. Measure HR after 3 minutes.

Heart Rate (BPM):	
Mark Finding (Age 36-45):	<input type="checkbox"/> Excellent (<93) <input type="checkbox"/> Above Average (93-106) <input type="checkbox"/> Average (107-117) <input type="checkbox"/> Below Average (118-130) <input type="checkbox"/> Poor (>131)

Heart Rate #3 (Pulse) Measurement after Three-Minute Step Test

Heart Rate (BPM)	
Rate of Perceived Exertion:	<input type="checkbox"/> No Effort <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Maximal

5. Curl-Up Test

Measures abdominal strength and endurance. 20 reps/min pace (1 rep/3 sec). Continue until exhaustion.

Repetitions:	
Mark Finding:	<input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Above Average <input type="checkbox"/> Average <input type="checkbox"/> Below Average <input type="checkbox"/> Poor <input type="checkbox"/> Very Poor
Notes on form:	

Age	Excellent	Good	Average	Poor	Very Poor
30-39	>26	24-26	18-20	12-14	<12

6. Plank Test

Test for abdominal strength and endurance. Measure time held in proper form (straight line from head to toe).

Time:	
Mark Finding:	<input type="checkbox"/> Excellent (>5 min) <input type="checkbox"/> Above Average (2-5 min) <input type="checkbox"/> Average (1-2 min) <input type="checkbox"/> Below Average (<1 min) <input type="checkbox"/> Poor (<15 sec)

Heart Rate #4 (Pulse) Measurement after the Plank Test

Heart Rate (BPM)	
Rate of Perceived Exertion:	<input type="checkbox"/> No Effort <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Maximal

7. 30 Second Arm Curl Test (5-pound dumbbell)

Evaluates arm strength and endurance by having the patient do as many arm curls as possible in 30 seconds with each arm.

Arm	Repetitions	Mark Finding (Age 35-39)
Left Arm Repetitions:		<input type="checkbox"/> Excellent (>30) <input type="checkbox"/> Good (27) <input type="checkbox"/> Average (25) <input type="checkbox"/> Below Average (22) <input type="checkbox"/> Poor (19)
Right Arm Repetitions:		<input type="checkbox"/> Excellent (>30) <input type="checkbox"/> Good (27) <input type="checkbox"/> Average (25) <input type="checkbox"/> Below Average (22) <input type="checkbox"/> Poor (19)

8. Lifting Test (20-pound box)

Lifts: Floor to Waist, Waist to Shoulder, Shoulder to Overhead. Reverse motion to lower.

Activity	Rating (0 unable to 10 able)
Lift Box from Floor to Waist	
Lift Box from Waist to Shoulder	
Lift Box Overhead	

9. Carry Test (20-pound dumbbells in each hand for 5 minutes)

Evaluates arm strength and endurance for carrying everyday objects.

Activity	Rating (0 unable to 10 able)
Left arm	
Right arm	

Heart Rate #5 (Pulse) Measurement after the Carry Test

Heart Rate (BPM)	
Rate of Perceived Exertion:	<input type="checkbox"/> No Effort <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Maximal

10. Balance Test (Unipedal Stance Test)

Stand on each foot, preferably barefoot. Note the best of 3 trials on each leg, eyes open.

Leg	Best Result (seconds)	Comparison to Age Norm (45.1 sec for 18-39)
Left Leg		<input type="checkbox"/> Better <input type="checkbox"/> Average <input type="checkbox"/> Worse
Right Leg		<input type="checkbox"/> Better <input type="checkbox"/> Average <input type="checkbox"/> Worse

Heart Rate #6 (Pulse) Measurement at the End of Physical Evaluation

Heart Rate (BPM)	
Rate of Perceived Exertion:	<input type="checkbox"/> No Effort <input type="checkbox"/> Easy <input type="checkbox"/> Moderate <input type="checkbox"/> Hard <input type="checkbox"/> Very Hard <input type="checkbox"/> Maximal

Functional Scale Questionnaires

Enter the results from the LEFI (Lower Extremity Functional Scale) and the UEFI (Upper Extremity Functional Scale) forms.

Scale	Result (out of 80)
Lower Extremity Functional Scale	/ 80
Upper Extremity Functional Scale	/ 80

Patient Effort During Testing

Did the patient give maximum and consistent effort?

Yes

No

Additional Comments about this evaluation:

Name, Credentials, and Signature of Evaluator:

Name:	
Credentials:	
Employer:	
Employer Address:	street: city: state: zip:
Employer Website URL:	
Employer Phone:	
Evaluator Email:	
Signature of Evaluator:	
Lipedema Physical Evaluation Provider Check:	<input type="checkbox"/> Please check if you want to be listed as a patient Lipedema Physical Evaluation provider.