SARC-F: Sarcopenia Screening

Five self-reported items · a score of 4 or more indicates risk of sarcopenia

S — **Strength**
difficulty lifting weights

A — **Assistance walking**
needs help to walk

R — **Rise from a chair**
difficulty getting up from a chair

C — **Climb stairs**
difficulty climbing stairs

F — **Falls**
recent falls

Score 4 or more
High probability of sarcopenia

Confirm with
Grip strength, muscle mass, gait speed

Why it matters
Pillar of frailty: falls, dependence

A screening tool, not a diagnosis · SARC-F was developed by Malmstrom and Morley (2013)