Upper Extremity – Short Form 7a

Please respond to each question or statement by marking one box per row.

		Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
PFA14r1	Are you able to carry a heavy object (over 10 pounds /5 kg)?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA34	Are you able to wash your back?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA36	Are you able to put on and take off a coat or jacket?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB13	Are you able to carry a shopping bag or briefcase?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB28r1	Are you able to lift 10 pounds (5 kg) above your shoulder?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB34	Are you able to change a light bulb overhead?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFM16	Are you able to pass a 20-pound (10 kg) turkey or ham to other people at the table?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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