Upper Extremity

Please respond to each item 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
PFA16r1	Are you able to dress yourself, including tying shoelaces and buttoning your clothes?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA17	Are you able to reach into a high cupboard?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA18	Are you able to use a hammer to pound a nail?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA20	Are you able to cut your food using eating utensils?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA28	Are you able to open a can with a hand can opener?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA29r1	Are you able to pull heavy objects (10 pounds/ 5 kg) towards yourself?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA34	Are you able to wash your back?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA35	Are you able to open and close a zipper....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA36	Are you able to put on and take off a coat or jacket?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA38	Are you able to dry your back with a towel?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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		Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
PFA40	Are you able to turn a key in a lock?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA43r1	Are you able to write with a pen or pencil?	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1
PFA44	Are you able to put on a shirt or blouse?...	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA48	Are you able to peel fruit?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA50	Are you able to brush your teeth?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFA54	Are you able to button your shirt?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB11	Are you able to wash dishes, pots, and utensils by hand while standing at a sink?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB13	Are you able to carry a shopping bag or briefcase?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB15r1	Are you able to change the bulb in a table lamp?	☐ 3	☐ 2	☐ 1	☐ 1	☐ 1
PFB16r1	Are you able to press with your index finger (for example ringing a doorbell)? ...	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1
PFB18	Are you able to shave your face or apply makeup?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB19r1	Are you able to squeeze a new tube of toothpaste?.....	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1

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		Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
PFB20r1	Are you able to cut a piece of paper with scissors?	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1
PFB21r1	Are you able to pick up coins from a table top?	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1
PFB22	Are you able to hold a plate full of food?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB23r1	Are you able to pour liquid from a bottle into a glass	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1
PFB25	Are you able to push open a door after turning the knob?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB26	Are you able to shampoo your hair?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB27	Are you able to tie a knot or a bow?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB28r1	Are you able to lift 10 pounds (5 kg) above your shoulder?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB30	Are you able to open a new milk carton?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB31r1	Are you able to open car doors?	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1
PFB33	Are you able to remove something from your back pocket?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB34	Are you able to change a light bulb overhead?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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		Without any difficulty	With a little difficulty	With some difficulty	With much difficulty	Unable to do
PFB36	Are you able to put on a pullover sweater?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB37r1	Are you able to turn faucets on and off? ..	☐ 4	☐ 3	☐ 2	☐ 1	☐ 1
PFB39r1	Are you able to reach and get down a 5 pound (2 kg) object from above your head?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB41	Are you able to trim your fingernails?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFB56r1	Are you able to lift one pound (0.5 kg) to shoulder level without bending your elbow?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC43	Are you able to use your hands, such as for turning faucets, using kitchen gadgets, or sewing?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFC49	Are you able to water a house plant?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
PFM2	Are you able to lift a heavy painting or picture to hang on your wall above eye-level?	☐ 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
PFM18	Are you able to continuously swing a baseball bat or tennis racket back and forth for 5 minutes?	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1
		Not at all	**Very little**	**Somewhat**	**Quite a lot**	**Cannot do**
PFC8	Does your health now limit you in opening a previously opened jar?.....	☐ 5	☐ 4	☐ 3	☐ 2	☐ 1

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