

DISABILITIES OF THE ARM, SHOULDER, AND HAND

Please rate your ability to do the following activities in the last week by circling the number below the appropriate response.

| *Using involved arm | No Difficulty | Mild Difficulty | Moderate Difficulty | Severe Difficulty | Unable | |
|---|---|-----------------|---------------------|-------------------|--------|--------------|
| Open a tight or new jar | 1 | 2 | 3 | 4 | 5 | |
| Write | 1 | 2 | 3 | 4 | 5 | |
| Turn a key | 1 | 2 | 3 | 4 | 5 | |
| Prepare a meal | 1 | 2 | 3 | 4 | 5 | |
| Push open a heavy door | 1 | 2 | 3 | 4 | 5 | |
| Place an object on a shelf above your head | 1 | 2 | 3 | 4 | 5 | |
| Do heavy household chores (wash walls, floors, etc.) | 1 | 2 | 3 | 4 | 5 | |
| Garden or do yard work | 1 | 2 | 3 | 4 | 5 | |
| Make a bed | 1 | 2 | 3 | 4 | 5 | |
| Carry a shopping bag or briefcase | 1 | 2 | 3 | 4 | 5 | |
| Carry a heavy object (over 10 lbs) | 1 | 2 | 3 | 4 | 5 | |
| Change a lightbulb overhead | 1 | 2 | 3 | 4 | 5 | |
| Wash or blow dry your hair | 1 | 2 | 3 | 4 | 5 | |
| Wash your back | 1 | 2 | 3 | 4 | 5 | |
| Put on a pullover sweater | 1 | 2 | 3 | 4 | 5 | |
| Use a knife to cut food | 1 | 2 | 3 | 4 | 5 | |
| Recreational activities which require little effort (cardplaying, knitting, etc.) | 1 | 2 | 3 | 4 | 5 | |
| Recreational activities in which you take some force or impact through your arm, shoulder, or hand (golf, hammering, tennis etc.) | 1 | 2 | 3 | 4 | 5 | |
| Recreational activities in which you move your arm freely (playing frisbee, badminton, etc.) | 1 | 2 | 3 | 4 | 5 | |
| Manage transportation needs (getting from one place to another) | 1 | 2 | 3 | 4 | 5 | |
| | Admin Use Only - Total Each Column | | | | | Total |
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