**Upper Extremity Functional Index**

Patient Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_\_

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of you upper limb problem for which you are currently seeking attention. Please provide an answer for each activity.

**Today, do you or would you have any difficulty at all with: Score:\_\_\_\_\_\_/** 80

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activity** | **Extreme Difficulty/****Unable to Perform Activity** | **Quite a Bit of Difficulty** | **Moderate Difficulty** | **A Little Bit of Difficulty** | **No Difficulty** |
| Any of your usual work, housework, or school activities | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Your usual hobbies, recreational or sporting activities | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Lifting a bag of groceries waist level | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Lifting a bag of groceries above your head | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Grooming your hair | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Pushing up on your hands (e.g. from bathtub or chair) | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Preparing food (e.g. peeling, cutting) | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Driving | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Vacuuming, sweeping, or raking | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Dressing | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Doing up buttons | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Using tools or appliances | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Opening doors | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Cleaning | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Tying or lacing shoes | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Sleeping | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Laundering clothes (e.g. washing, ironing, folding) | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Opening a jar | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Throwing a ball | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |
| Carrying a small suitcase | **⃝** | **⃝** | **⃝** | **⃝** | **⃝** |