Subject ID: _____   Date of Test: _____

Name/Initials of Tester: _____

Item	Item Name	Right		Both (fill the section below that applies)		Left	
1	REACH FORWARD (reps)	□	Cannot do at all	Partial = hand at shoulder level, extended at least as far as knee; SEE MANUAL.		□	Cannot do at all
		□	Partial completion of one			□	Partial completion of one
			# reps/30 secs				# reps/30 secs
2	REACH UP (reps)	□	Cannot do at all	*arm must be straight to count full repetition; Partial = hand above top of head; SEE MANUAL.		□	Cannot do at all
		□	Partial completion of one			□	Partial completion of one
			# reps/30 secs				# reps/30 secs
3	REACH DOWN (reps)	□	Cannot do at all	Partial = 50% of distance from knee to foot.		□	Cannot do at all
		□	Partial completion of one			□	Partial completion of one
			# reps/30 secs				# reps/30 secs

Item 4 — LIFT UP (wt)

Mark highest weight attained:

□	Cannot complete	□	Lifts ½ kg
□	Lifts empty wrap	□	Lifts 1 kg
		□	Lifts 2 kg

Item 5 — PUSH DOWN (sec)

No partial completion. Max time 30 sec. Record time to nearest 0.1 sec

□	Cannot complete
	Seconds held

Item		Right		Both		Left	
6	WRIST UP (reps)	° passive extension		Record degrees of extension where horizontal = 0		° passive extension	
		□	cannot complete			□	cannot complete
		□	Partial completion of one	Partial = wrist at least to neutral		□	Partial completion of one
			Reps/30secs				Reps/30secs

Item 7a — Acquire-release part 1 — GRASP DYNAMOMETER

Acquire: yes = able/no = unable to get fingers around dynamometer
Release: yes = able/no = unable to extend fingers to let go of dynamometer (not pull arm away)

	RIGHT			LEFT	
	Acquire	Release		Acquire	Release
	no yes	no yes		no yes	no yes

Item 8 — GRASP DYNAMOMETER

RIGHT		LEFT	
Trial 1	kg:	Trial 1	kg:
Trial 2	kg:	Trial 2	kg:
Trial 3	kg:	Trial 3	kg:

Item	Item Name				
9a	LAT. PINCH (credit card) P/F	□ unable to hold		□	unable to hold
		□ holds for < 5 secs		□	holds for < 5 secs
		□ holds for 5 secs		□	holds for 5 secs

Item 9b — LAT. PINCH (force)

Trial 1	kg:	Trial 1	kg:
Trial 2	kg:	Trial 2	kg:
Trial 3	kg:	Trial 3	kg:

Subject ID: _____

Item	Item Name	Right	Both (fill the section below that applies)	Left
10	PULL (wt)	**Mark highest weight attained:**		**Mark highest weight attained:**
		☐ Cannot complete		☐ Cannot complete
		☐ moves ½ kg		☐ moves ½ kg
		☐ moves 1 kg		☐ moves 1 kg
		☐ moves 2 kg		☐ moves 2 kg
		☐ moves 4 kg		☐ moves 4 kg
11	PUSH (wt)	**Mark highest weight attained:**		**Mark highest weight attained:**
		☐ Cannot complete		☐ Cannot complete
		☐ moves ½ kg		☐ moves ½ kg
		☐ moves 1 kg		☐ moves 1 kg
		☐ moves 2 kg		☐ moves 2 kg
		☐ moves 4 kg		☐ moves 4 kg

Acquire: yes = able to get fingers around top of lid; no = unable to get fingers into position
Release: yes = able to relax/extend fingers to release lid (not pull arm away); no = unable to entend fingers to release lid

7B	Acquire-release part 2	RIGHT			LEFT	
		Acquire	Release		Acquire	Release
	CONTAINER	no yes	no yes		no yes	no yes

Item	Item Name	RIGHT	Both	LEFT
12	CONTAINER (wt)	☐ unable to lift		☐ unable to lift
		☐ lifts empty		☐ lifts empty
		☐ lifts ½ kg < 5 sec		☐ lifts ½ kg < 5 sec
		☐ lifts ½ kg for 5 sec		☐ lifts ½ kg for 5 sec
		☐ lifts 1 kg for 5 sec		☐ lifts 1 kg for 5 sec
13	PINCH DIE (reps)	☐ Cannot do at all	*must hold with pincer grasp tips of thumb and index finger	Cannot do at all
		☐ Partial completion of one	One rep = both dice moved to other marker and back	Partial completion of one
		# reps/30 secs	Partial = both dice moved to other marker	# reps/30 secs
14	PENCIL (reps)	☐ Cannot do at all	*must hold with 3-jaw chuck/tripod grasp - thumb, index, middle	☐ Cannot do at all
		☐ Partial completion of one	One rep = pencil to middle slot and back to side slot	☐ Partial completion of one
		# reps/30 secs	Partial = pencil to middle slot only	# reps/30 secs
15	MANIPULATE (reps)	☐ Cannot do at all	One rep = full 360 degree turn	☐ Cannot do at all
		☐ Partial completion of one	Partial = one half turn	☐ Partial completion of one
		# reps/30 secs		# reps/30 secs
16	PUSH INDEX (calculator - sec)	☐ cannot complete	*must use extended index finger	☐ cannot complete
		secs to complete	Record time to nearest 0.1 second	secs to complete
17	PUSH THUMB (cell phone -sec)	☐ cannot complete	*Must use thumb IP flexion	☐ cannot complete
		secs to complete	Record time to nearest 0.1 second	secs to complete