

The Orthopedic Center

Upper Extremity Function Scale

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

Today, do you or would you have any difficulty at all with:

Activities	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, household, or school activities					
Your usual hobbies, recreational or sporting activities					
Lifting a bag of groceries to waist level					
Lifting a bag of groceries above your head					
Grooming your hair					
Pushing up on your hands (i.e. from bathtub or chair)					
Preparing food (i.e. peeling, cutting)					
Driving					
Vacuuming, sweeping, or raking					
Dressing					
Buttoning clothes					
Using tools or appliances					
Opening doors					
Cleaning					
Tying or lacing shoes					
Sleeping					
Laundering clothes (i.e. washing, ironing, folding)					
Opening a jar					
Throwing a ball					
Carrying a small suitcase (with your affected limb)					