

Upper Limb Functional Assessment

Name: _____ Date: _____ dd / mm / yyyy

To learn more about your upper limb issues, we want to know whether you are having difficulties performing the tasks listed below. Please provide an answer for each activity based on how your upper limb feels today.

Any of your usual work, household, or school activities

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Your usual hobbies, recreational or sporting activities

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Lifting a bag of groceries to waist level

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Lifting a bag of groceries above your head

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Grooming your hair

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Pushing up on your hands (i.e. from bathtub or a chair)

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Preparing food (i.e. peeling, cutting)

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Driving

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Vacuuming, sweeping, or raking

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Dressing

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Doing up buttons

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Using tools or appliances

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Opening doors

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Cleaning

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Tying or lacing shoes

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Sleeping

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Laundrying clothes (i.e. washing, ironing, folding)

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Opening a jar

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Throwing a ball

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Carrying a small suitcase with your affected limb

- ☐ Extremely difficult
- ☐ Quite a bit difficult
- ☐ Moderate difficulty
- ☐ A little difficult
- ☐ No difficulty

Total score: _____

Additional notes