

PATIENT NAME: _____ DATE: _____

UPPER EXTREMITY FUNCTIONAL INDEX

Please rate your pain level with activity: No Pain=0 1 2 3 4 5 6 7 8 9 10 =Severe Pain

1. Any of your usual work, housework, or school activities

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

2. Your usual hobbies, recreational or sporting activities

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

3. Lifting a bag of groceries to waist level

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

4. Lifting a bag of groceries above your head

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

5. Grooming your hair

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

6. Pushing up on your hands (ex: from bathtub or chair)

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

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7. Preparing Food (ex: peeling, cutting)

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

8. Driving

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

9. Vacuuming, sweeping or raking

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

10. Dressing

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

11. Doing up buttons

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

12. Using tools or appliances

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

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13. Opening Doors

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

14. Cleaning

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

15. Tying or lacing shoes

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

16. Sleeping

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

17. Laundering clothes (ex: washing, ironing, folding)

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

18. Opening a jar

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

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19. Throwing a ball

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

20. Carrying a small suitcase with your affected limb

- (0) Extreme Difficulty or Unable to Perform Activity
- (1) Quite a Bit of Difficulty
- (2) Moderate Difficulty
- (3) A Little Bit of Difficulty
- (4) No Difficulty

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