

Upper Extremity Functional Index

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your 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:

Any of your usual work, housework, or school activities

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Your usual hobbies, recreational or sporting activities

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Lifting a bag of groceries to waist level

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Lifting a bag of groceries above your head

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Grooming your hair

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Pushing up on your hands (eg from bathtub or chair)

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Preparing food (eg peeling, cutting)

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Driving

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Vacuuming, sweeping or raking

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Dressing

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Doing up buttons

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Using tools or appliances

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Opening doors

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Cleaning

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Tying or lacing shoes

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty

A Little Bit of Difficulty

No Difficulty

Sleeping

Extreme Difficulty or Unable to Perform Activity

Quite a Bit of Difficulty

Moderate Difficulty
A Little Bit of Difficulty
No Difficulty

Laundering clothes (eg washing, ironing, folding)

Extreme Difficulty or Unable to Perform Activity
Quite a Bit of Difficulty
Moderate Difficulty
A Little Bit of Difficulty
No Difficulty

Opening a jar

Extreme Difficulty or Unable to Perform Activity
Quite a Bit of Difficulty
Moderate Difficulty
A Little Bit of Difficulty
No Difficulty

Throwing a ball

Extreme Difficulty or Unable to Perform Activity
Quite a Bit of Difficulty
Moderate Difficulty
A Little Bit of Difficulty
No Difficulty

Carrying a small suitcase with your affected limb

Extreme Difficulty or Unable to Perform Activity
Quite a Bit of Difficulty
Moderate Difficulty
A Little Bit of Difficulty
No Difficulty