

ELBOW / WRIST / HAND FUNCTIONAL ASSESSMENT

Name: _____

Date: _____

Instructions: When your elbow / wrist / hand hurts, you may find it hard to do some of the things you usually do. The list below contains some sentences people have used to describe themselves when they have elbow / wrist / hand pain. Some sentences may describe you today. When you read a sentence that describes you today, put an “X” in the box beside it. If it does not describe you today, leave the space beside it blank. *Check only sentences that describe you today.*

- I stay home most of the time because of my elbow / wrist / hand.
- When I sit, I change position frequently to get my elbow / wrist / hand comfortable.
- Because of my elbow / wrist / hand, I am not doing any of the jobs that I usually do around the house.
- Because of my elbow / wrist / hand, I lie down and rest more often.
- Because of my elbow / wrist / hand, I have difficulty getting out of an easy chair.
- I get dressed more slowly than usual because of my elbow / wrist / hand.
- Because of my elbow / wrist / hand, I try to get other people to do things for me.
- My elbow / wrist / hand is painful almost all of the time.
- Running is difficult because of my elbow / wrist / hand.
- My appetite is not good because of my elbow / wrist / hand.
- I have trouble putting my shoes and socks on because of my elbow / wrist / hand.
- I walk only short distances because of my elbow / wrist / hand.
- I sleep less because of my elbow / wrist / hand.
- Because of my elbow / wrist / hand pain, I get dressed with help from someone else.
- I sit down for most of the day, because of my elbow / wrist / hand.
- Because of my elbow / wrist / hand, it takes me longer to get going in the mornings.
- Because of my elbow / wrist / hand pain, I am more irritable and bad tempered with people than usual.
- I need to modify my fitness activities because of my elbow / wrist / hand.