



# Geer Outpatient Physical Therapy Upper Extremity Functional Index

Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

| Activities   | Difficulty Level                        |                            |                            |                            |                            |
|--|---|----------------------------|----------------------------|----------------------------|----------------------------|
|  | Extreme difficulty or unable to perform | Quite a bit of difficulty  | Moderate difficulty        | A little bit of difficulty | No difficulty              |
| 1. Any of your usual work, household or school activities  | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 2. Your usual hobbies, sporting or recreational activities | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 3. Lifting a bag of groceries to waist level               | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 4. Lifting a heavy object above head level                 | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 5. Grooming your hair                                      | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 6. Pushing up on your hands (i.e. from bathtub or chair)   | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 7. Preparing food (i.e. cutting, cooking, peeling)         | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 8. Driving   | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 9. Vacuuming, sweeping, raking                             | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 10. Putting on undergarments                               | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 11. Putting on shirt                                       | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 12. Pulling on pants                                       | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 13. Doing up buttons                                       | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 14. Using tools or appliances                              | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 15. Opening doors  | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 16. Washing your back                                      | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 17. Tying shoes  | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 18. Sleeping on involved side                              | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 19. Laundering clothes                                     | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 20. Opening jars   | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 21. Throwing a ball  | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 22. Carrying a small suitcase with affected limb           | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |
| 23. Removing item from back pocket                         | <input type="checkbox"/> 0              | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |

TOTAL SCORE: \_\_\_\_\_/92

Minimal level of detectable change: 9 points