

The Upper Extremity Functional Scale

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

	Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A little Bit of Difficulty	No Difficulty
1	Any of your usual work, housework, or school activities.	0	1	2	3	4
2	Your usual hobbies, recreational or sporting activities.	0	1	2	3	4
3	Lifting a bag of groceries to waist level.	0	1	2	3	4
4	Lifting a bag of groceries above you head.	0	1	2	3	4
5	Grooming your hair.	0	1	2	3	4
6	Pushing up on your hands (e.g. from bathtub or chair).	0	1	2	3	4
7	Preparing food (e.g. peeling, cutting).	0	1	2	3	4
8	Driving.	0	1	2	3	4
9	Vacuuming, sweeping or raking.	0	1	2	3	4
10	Dressing.	0	1	2	3	4
11	Doing up buttons.	0	1	2	3	4
12	Using tools or appliances.	0	1	2	3	4
13	Opening doors.	0	1	2	3	4
14	Cleaning.	0	1	2	3	4
15	Tying or lacing shoes.	0	1	2	3	4
16	Sleeping.	0	1	2	3	4
17	Laundrying clothes (e.g. washing, ironing, folding).	0	1	2	3	4
18	Opening a jar.	0	1	2	3	4
19	Throwing a ball.	0	1	2	3	4
20	Carrying a small suitcase with your affected limb.	0	1	2	3	4

Minimum Level of Detectable Change (90% Confidence): 9 Points

Score: _____/80

Source: Stratford et al (2001): Development and initial validation of the upper extremity functional index. Physical Therapy. 79:371-383.
Minimum detectable change (90% confidence): 9 points.