

HAND PROFILE

RATE YOUR PAIN

Rate the average amount of pain in your wrist/hand over the past week by circling the number that best describes your pain on a scale of 0-10. A zero (0) means that you did not have any pain and a ten (10) means that the pain is the worst possible (i.e. worst you have ever experienced or that you could not do the activity because of pain).

AT REST

None 0 1 2 3 4 5 6 7 8 9 10 Worst

WHEN DOING A TASK WITH A REPEATED WRIST/HAND MOVEMENT

None 0 1 2 3 4 5 6 7 8 9 10 Worst

WHEN LIFTING A HEAVY OBJECT

None 0 1 2 3 4 5 6 7 8 9 10 Worst

WHEN IT IS AT ITS WORST

None 0 1 2 3 4 5 6 7 8 9 10 Worst

SPECIFIC ACTIVITIES

Rate the amount of difficulty you experienced performing each of the items listed below - over the past week, by circling the number that describes your difficulty on a scale of 0-10. A zero (0) means you did not experience any difficulty and a ten (10) means it was so difficult you were unable to do it at all.

TURN A DOOR KNOB USING MY AFFECTED HAND

No Difficulty
0 1 2 3 4 5 6 7 8 9 10
Unable To Do

CUT MEAT USING A KNIFE IN MY AFFECTED HAND

No Difficulty
0 1 2 3 4 5 6 7 8 9 10
Unable To Do

FASTEN BUTTONS ON MY SHIRT

No Difficulty
0 1 2 3 4 5 6 7 8 9 10
Unable To Do

USE MY AFFECTED HAND TO PUSH UP FROM A CHAIR

No Difficulty
0 1 2 3 4 5 6 7 8 9 10
Unable To Do

CARRY A 10 LB. OBJECT WITH MY AFFECTED HAND

No Difficulty
0 1 2 3 4 5 6 7 8 9 10
Unable To Do

USE BATHROOM TISSUE WITH MY AFFECTED HAND

No Difficulty
0 1 2 3 4 5 6 7 8 9 10
Unable To Do

USUAL ACTIVITIES

Rate the amount of difficulty you experienced performing your usual activities in each of the areas listed below, over the past week, by circling the number that best described your difficulty on a scale of 0-10. By "usual activities", we mean the activities you performed before you started having a problem with your wrist/hand. A zero (0) means you did not experience any difficulty and a ten (10) means it was so difficult you were unable to do any of your usual activities.

PERSONAL CARE ACTIVITIES (DRESSING, WASHING)

No Difficulty
0 1 2 3 4 5 6 7 8 9 10
Unable To Do

