

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 from 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											Worst
0	1	2	3	4	5	6	7	8	9	10	

When doing a task with a repeated wrist/hand movement

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

When lifting a heavy object

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

When it is at its worst

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

How often do you have pain

Never											Always
0	1	2	3	4	5	6	7	8	9	10	

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											Unable To Do
0	1	2	3	4	5	6	7	8	9	10	

Cut meat using a knife in my affected hand

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

Fasten buttons on my shirt

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

Use my affected hand to push up from a chair

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

Carry a 10lb object in my affected hand

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

Use bathroom tissue with my affected hand

No Difficulty

Unable To Do

0 1 2 3 4 5 6 7 8 9 10

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 describes 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 that 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

Unable To Do

0 1 2 3 4 5 6 7 8 9 10

Household work (cleaning, maintenance)

No Difficulty

Unable To Do

0 1 2 3 4 5 6 7 8 9 10

Work (your job or usual everyday work)

No Difficulty

Unable To Do

0 1 2 3 4 5 6 7 8 9 10

Recreational activities

No Difficulty

Unable To Do

0 1 2 3 4 5 6 7 8 9 10

Appearance - Optional**How important is the appearance of your hand**

Very Much Somewhat Not at all

Rate how dissatisfied you were with the appearance of your wrist/hand during the past week.

No Dissatisfaction

Complete Dissatisfaction

0 1 2 3 4 5 6 7 8 9 10