

The Upper Extremity Functional Index (UEFI)

We are interested in knowing whether you are having any difficulty at all with the activities listed below **because of your upper 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 your head | 0 | 1 | 2 | 3 | 4 |
| 5 Grooming your hair | 0 | 1 | 2 | 3 | 4 |
| 6 Pushing up on your hands (eg from bathtub or chair) | 0 | 1 | 2 | 3 | 4 |
| 7 Preparing food (eg. 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 Laundering clothes (eg. 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 |
| Column Totals: | | | | | |

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. *Physiotherapy Canada* 53 (4): 259-67
 .Minimum detectable change (90% confidence): 6 points.