

## CAPABILITIES OF UPPER EXTREMITY QUESTIONNAIRE

### Instruction Manual for version 1.1 of CUE™

Read instructions to patient. Emphasize that each question focuses on a specific part of arm or hand. Read the individual scores and words associated with them ( 1=totally limited, 2=..., etc.) once before starting.

#### Notes on Individual Items.

1. Reach out.	Only concerned with reaching forward to touch item at shoulder level. Do not need to grasp.
2. Reach overhead.	Need to be able to get hand over head with elbow straight to do completely.
3. Reach Down	Not allowed to use other arm or hand to assist. Must be able to touch floor AND get back into sitting position.
4. Lift Overhead.	Asking about lifting object over head. Do not need to grasp. Think of blanket draped over forearms.
5. Pull light object	Concerned with ARM function, not hand function. If item was taped to hand, could person move it.
6. Pull heavy object	Concerned with ARM function, not hand function. If item was taped to hand, could person move it. Suggested items if person having trouble: bag of flour, bag of potatoes.
7. Push light object	Concerned with ARM function, not hand function. If item was taped to hand, could person move it.
8. Push heavy object	Concerned with ARM function, not hand function. If item was taped to hand, could person move it. Suggested items if person having trouble: bag of flour, bag of potatoes.
9. Push up in chair	Full task consists of lifting body weight off chair using arms. If person has some strength in legs, not allowed to use legs to help.
10. Wrist up	This is the motion used for tenodesis grasp. Bring wrist up in air, it doesn't matter what the fingers do.
11. Palm down	This motion is to come from the forearm (wrist-elbow), NOT the shoulder. Start as if getting a handout (palm up) and turn hand over to drop item on floor. Don't "cheat" by moving elbow away from side.
12. Grasp hammer	This task is to grasp a <u>cylinder-shaped</u> object, such as a hammer or umbrella. Not necessarily something as heavy as a hammer.
13. Small pinch	This task is to pick up a small object using the fingertips, not the sides of the fingers.
14. Key pinch	This task is to hold something "like a key", that is, between thumb and side of index finger.
15. Wide grasp	The purpose is to assess wide cylinder grasp. There needs to be some "grasp" force, not just getting fingers around the lid. Thus the need to open jar or pick it up. The jar lid is not "stuck", but has been opened before.
16. Manipulate	This is to assess finer control of fingers. Task does not involve picking up coin. Start with coin handed to person. Hold coin in air and turn over – heads to tails to heads.
17. Push with finger	This involves pushing with tip of index (pointer) finger, such as a doorbell or touch tone phone. Need to be able to extend finger. Not allowed to use knuckle or another finger or thumb.