

Upper Extremity / ADL Screen

		Date		
		Examiner's Initials		
		Shoulder:	Flexion	0-180°
			Extension	0-60°
			Abduction	0-180°
			External Rotation	0-70°
			Internal Rotation	0-70°
		Elbow:	Flexion	0-150°
			Extension	150-0°
		Forearm:	Supination	0-80°
			Pronation	0-80°
		Wrist:	Flexion	0-80°
			Extension	0-70°
			Ulnar Deviation	0-30°
			Radial Deviation	0-20°
		Thumb:	MP	0-50°
			IP	0-80°
			Abduction	0-70°
			Extension	0-50°
		Index:	MP	0-90°
			PIP	0-100°
			DIP	0-90°
		Middle:	MP	0-90°
			PIP	0-100°
			DIP	0-90°
		Ring:	MP	0-90°
			PIP	0-100°
			DIP	0-90°
		Little:	MP	0-90°
			PIP	0-100°
			DIP	0-90°

ADL STATUS		Date:				
ADL Performance	Independent	Independent w/equipment	SBA	Assist	Unable	Comment
Bathing						
UE Dressing						
LE Dressing						
Fasteners						
Self feeding						
Toileting						
Writing						
Occupation/School:						
Current Physical Activity Level/Hobbies:						
Patient/Parent Concerns:						

Splint/orthosis: No Yes Type: _____

Assessment: _____

Plan: _____

ADL STATUS		Date:				
ADL Performance	Independent	Independent w/equipment	SBA	Assist	Unable	Other
Bathing						
UE Dressing						
LE Dressing						
Fasteners						
Self feeding						
Toileting						
Writing						
Occupation/School:						
Current Physical Activity Level/Hobbies:						
Patient/Parent Concerns:						

Splint/orthosis: No Yes Type: _____

Assessment: _____

Plan: _____
