

Action Research Arm Test

Patient Name: _____ Date: _____

Rater's Name: _____

Score Legend:

3	Finished the task quickly with the appropriate body position and normal hand/arm movements
2	Can finish the task but takes abnormally long, has great difficulty, or has improper body posture/hand/arm movements
1	Can finish the task partially regardless of position/movements
0	Unable to finish the task

Grasp

		Left	Right
1	Block (wood), 10 cm. cube		
2	Block (wood), 2.5 cm. cube		
3	Block (wood), 5 cm. cube		
4	Block (wood), 7.5 cm. cube		
5	Cricket ball		
6	Sharpening stone		
Subtotal			

Grip

		Left	Right
1	Pour water from one glass to another		
2	Transfer a 2.25 cm tube from one side to the other		
3	Transfer a 1 cm. Tube from one side to the other		
4	Place the washer over the bolt		
Subtotal			

Pinch

		Left	Right
1	Ball Bearing between thumb and ring finger (3rd finger)		
2	Marble between thumb and index finger (1st finger)		
3	Ball bearing between thumb and middle finger (2nd finger)		
4	Ball bearing between thumb and index finger (1st finger)		
5	Marble between the thumb and ring finger (3rd finger)		
6	Marble between the thumb and middle finger (2nd finger)		
Subtotal			

Gross Movement

		Left	Right
1	Hand behind the head		
2	Hand on top of the head		
3	Hand to mouth		
Subtotal			
Total			

Notes: