

Box and Block Test

Full name of patient: _____

Full name of assessor: _____

Materials needed:

- A wooden box that has two containers (each container should be able to fit 150 blocks)
- 150 wooden blocks (2.5cm in size) in one container
- A partition to separate the containers of the box
- A stopwatch

Instructions for the patient:

Please note that the assessor has to demonstrate the following to the patient before having them take the test:

- All the patient needs to do is transfer the blocks on one of the containers to the empty one. They can only pick up one block one by one
- One block is equal to one point. The point only counts if they pick up a block and move it over the partition and into the empty container
- If they carry multiple blocks at a time, it only counts as 1 point, and only if they move them over the partition
- The test will run for 60 seconds. They just need to move as many blocks as they can. As soon as you say GO, the test starts. Make sure that you activate your stopwatch as soon as you say GO
- Let them start with the dominant hand, then another test with their non-dominant hand

As for you:

- Give them a practice round for both their dominant and non-dominant hand. The practice round will be 15 seconds long, for both hands
- After the practice round, give them a short break then have them do the real deal with the dominant hand being tested first
- Record the scores after the test

Mathiowetz, V., G. Volland, et al. (1985). "Adult norms for the Box and Block Test of manual dexterity." Am J Occup Ther 39(3160243): 386-391.

Box and Block Test Scoring Record

Date: _____	Dominant Hand Score: _____ blocks transferred Non-dominant Hand Score: _____ blocks transferred
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