

Dexterity Test

Patient Information

Patient Name:

Age:

Gender:

Occupation:

Physical Activities:

History of Previous Injury:

Area of Pain/Discomfort:

Test Name	Patient Position	Test Description	Positive Sign	Score (0 - 1)
Purdue Pegboard Test	Seated	The patient is asked to place as many pins as possible in the board within 30 seconds using their right hand, left hand, and both hands.	Difficulty or inability to place pins, slower speed compared to normative data	
Nine Hole Peg Test	Seated	The patient is required to pick up the pegs one at a time using one hand, insert them into the holes on the board, and once all the holes are filled, remove the pegs as quickly as possible.	Slower completion time, dropping pegs, inability to complete task	
Box and Block Test	Seated	The patient is instructed to move as many blocks as possible, one at a time, from one compartment of the box to the other within a minute.	Fewer blocks moved, difficulty in grasping or releasing blocks	

Minnesota Manual Dexterity Test	Seated	The patient is required to move circular disks from one side of a partitioned board to the other, following a specific pattern.	Longer completion time, inability to follow the pattern, difficulty in manipulating disks	
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Scoring Interpretation

0 – Negative Sign (no difficulty or slowness during the test)

1 – Positive Sign (difficulty or slowness observed during the test)

A score of one on two or more tests may indicate an issue with manual dexterity.

Additional Notes