

UPPER LIMB FUNCTIONAL INDEX

DATE: _____

NAME: _____ INJURY _____ LEFT ARM RIGHT ARM

PLEASE COMPLETE: Your arm may make it difficult to do some things you normally do. This list contains sentences people use to describe themselves with such problems. Think of yourself over the last few days.

If an item describes you mark the line. If not, leave it blank. If an item partly describes you - Use a Half (½) Mark.

DUE TO MY ARM:

- ___ 1. I stay at home most of the time.
- ___ 2. I change position frequently for comfort.
- ___ 3. I avoid heavy jobs e.g. cleaning, lifting more than 5kg or 10lbs, gardening etc.
- ___ 4. I rest more often.
- ___ 5. I get others to do things for me.
- ___ 6. I have the pain / problem almost all the time.
- ___ 7. I have difficulty lifting and carrying (e.g. bags, shopping up to 5kg or 10lbs).
- ___ 8. My appetite is now different.

- ___ 9. My walking or normal recreation or sporting activity is affected.
- ___ 10. I have difficulty with normal home or family duties and chores.
- ___ 11. I sleep less well.
- ___ 12. I need assistance with personal care e.g. washing and hygiene.
- ___ 13. My regular daily activities (work, social contact) are affected.
- ___ 14. I am more irritable and / or bad tempered.
- ___ 15. I feel weaker and / or stiffer.
- ___ 16. My transport independence is affected (driving, public transport).

- ___ 17. I have difficulty putting my arm into a shirt sleeves or need assistance dressing.
- ___ 18. I have difficulty writing or using a key board and / or 'mouse'.
- ___ 19. I am unable to do things at or above shoulder height.
- ___ 20. I have difficulty eating and / or using utensils (eg knife, fork, spoon, chop sticks).
- ___ 21. I have difficulty holding and moving dense objects (e.g. mugs, jars, cans).
- ___ 22. I tend to drop things and / or have minor accidents more frequently.
- ___ 23. I use the other arm more often.
- ___ 24. I have difficulty with buttons, keys, coins, taps / faucets, containers or screw-top lids.
- ___ 25. I have difficulty opening, holding, pushing or pressing (e.g. triggers, lever, heavy doors).

ULFI SCORE: To score the upper part - add the marks:

TOTAL (ULFI points). (x4) = _____ **100 Scale. FINAL TOTAL (100 – ULFIx4) =** **%**
MDC (90% confidence): 7.9 % or 1.9 ULFI points. Change less than this may be due to error.