



ACTION RESEARCH ARM TEST SCORE SHEET

Date: / /

Patient Name / Number:.....

Tester Name:.....

TEST #	<i>GRASP SUBSCALE</i>	<i>TASK / TARGET</i>
1	EXTRA-LARGE BLOCK	DISPLACE VERTICALLY TO SHELF
2	SMALL BLOCK	DISPLACE VERTICALLY TO SHELF
3	MEDIUM BLOCK	DISPLACE VERTICALLY TO SHELF
4	LARGE BLOCK	DISPLACE VERTICALLY TO SHELF
5	CRICKET BALL	DISPLACE VERTICALLY FROM PLASTIC LID TO SHELF
6	STONE (BLACK PLASTIC)	DISPLACE VERTICALLY TO SHELF
 <i>GRIP SUBSCALE</i> 		
7	TUMBLERS	POUR WATER FROM ONE TO THE OTHER
8	WIDE (BLACK) TUBE	DISPLACE FROM TALL (PINK) to SHORTER (PLAIN) PERSPEX ROD
9	THIN (RED) TUBE	DISPLACE FROM SHORT (GREEN) TO OTHER SHORT (GREEN) BOLT
10	WASHER	DISPLACE FROM PLASTIC LID TO TALL (BLACK) BOLT
 <i>PINCH SUBSCALE</i> 		
11	SMALL STEEL BALL	BETWEEN RING FINGER AND THUMB FROM LID TO SHELF
12	MARBLE	BETWEEN INDEX FINGER AND THUMB FROM LID TO SHELF
13	SMALL STEEL BALL	BETWEEN MIDDLE FINGER AND THUMB FROM LID TO SHELF
14	SMALL STEEL BALL	BETWEEN INDEX FINGER AND THUMB FROM LID TO SHELF
15	MARBLE	BETWEEN RING FINGER AND THUMB FROM LID TO SHELF
16	MARBLE	BETWEEN MIDDLE FINGER AND THUMB FROM LID TO SHELF
 <i>GROSS MOVEMENTS</i> 		
17	HAND BEHIND HEAD	
18	HAND TO TOP OF HEAD	
19	HAND TO MOUTH	

SCORE	
LEFT	RIGHT
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
Subtotal...../18 /18	
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
Subtotal...../12 /12	
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
Subtotal...../18 /18	
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
0 1 2 3	0 1 2 3
Subtotal...../09 /09	
TOTAL/57 /57	

ITEM #	<i>TASK COMPONENTS</i>	<i>KEY COMPETENCIES</i>	<i>Arm Movements</i>
1 - 4	BLOCKS: TABLE TO SHELF	<i>Hand Movements</i> Hand voluntarily opens to the size of the block. Any type of grasp involving thumb & fingers in opposition.	(a) Forearm is between mid-position & pronation. (b) Elbow flexed when first grasping object then extends to reach the top of the shelf.
5	CRICKET BALL: TABLE TO SHELF	Spherical grasp with fingers and thumb slightly flexed and abducted to the size of the ball.	(c) Shoulder flexion to reach top of shelf & shoulder stabilization to hold position as object released.
6	STONE: TABLE TO SHELF	Lateral grip: stone held 'twixt pad of thumb & radial side of index finger at or near interphalangeal joints.	(d) Thumb & finger extension to release the object.
7	POUR WATER FROM TUMBLER	Cylindrical grasp around tumbler.	(a) Forearm pronation to pour / supination to return. (b) Thumb & finger extension to release the tumbler.
8 - 9	TUBES TO TARGET POINT	Any grasp (eg. 3 jaw chuck pinch) involving the pads of the thumb opposed with pads of any number of digits in a successful grasp of the tube.	(a) Forearm between mid-position and pronation. (b) Elbow extends sufficiently to reach target.
10	WASHER FROM TIN TO TARGET	Pincer or 3 jaw chuck pinch with thumb & finger pads in opposition in order to grasp the washer.	(c) Shoulder movement & stabilization to maintain position as object is released. (d) Thumb & finger extension to release the object.
11,13,14	BALL BEARING: TIN TO SHELF	Opposition of pads of ring, middle and index finger with thumb respectively.	(a) Forearm between mid-position and pronation. (b) Elbow flexed when first grasping object then extends to reach top of shelf.
12,15,16	MARBLE: TIN TO SHELF	Opposition of pads of index, ring and middle finger with thumb respectively.	(c) Shoulder flexion to reach top of shelf & shoulder stabilization to hold position as object released.
17 - 19	HAND FROM LAP TO HEAD	Palm side of hand (hand does not have to be open) reaches to back and top of head and mouth.	(a) Forearm pronation and supination. (b) Full elbow flexion. (c) Shoulder abduction, flexion & external rotation.