

Munich Wrist Questionnaire

Please answer **every question** with exactly **one cross!**

Date:	
Sex:	<input type="checkbox"/> male <input type="checkbox"/> female
Affected wrist:	<input type="checkbox"/> right <input type="checkbox"/> left <input type="checkbox"/> both wrists
Working	<input type="checkbox"/> yes, as: _____ <input type="checkbox"/> no, if no, because of the wrist? <input type="checkbox"/> yes <input type="checkbox"/> no
Pensioner	<input type="checkbox"/>
Housewife	<input type="checkbox"/>
Do you take drugs because of pain in the affected wrist?	
<input type="checkbox"/> yes,	if yes which drugs _____ _____
<input type="checkbox"/> no	_____
right-handed	<input type="checkbox"/> left-handed <input type="checkbox"/>
For which wrist do you fulfill the questionnaire?	
<input type="checkbox"/> right	<input type="checkbox"/> left

Range of motion

14. Pronation / Supination

Is it possible for you to reach the shown positions with your right and left hand?
Please note that your elbows are closed to your body!



Right hand:

- yes
- no

Left hand:

- yes
- no



Right hand:

- yes
- no

Left hand:

- yes
- no



Right hand:

- yes
- no

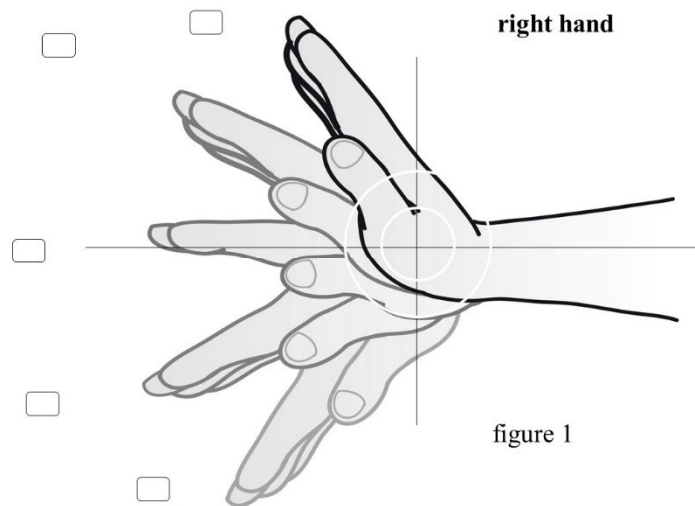
Left hand:

- yes
- no

15. Please use the attached illustrations / figures to answer the following two questions (figure 1, 2, 3 and 4):

1. Dorsal extension / palmar flexion (figure 1 and 2)

Please put your right and left hand on the attached figures 1 and 2:

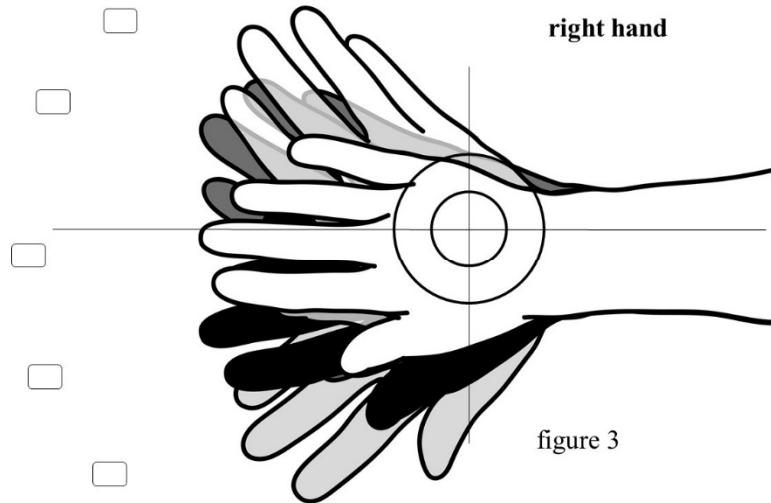


The black circle corresponds to the rotation center of the wrist. Now move your hand according to the illustration and check which positions can be reached. Please note that your forearm should **not** change the position. The movement should only take place in your wrist!

If you can only reach the starting position, please make a cross at the starting position.

2. Radial abduction / ulnar abduction (figure 3 and 4)

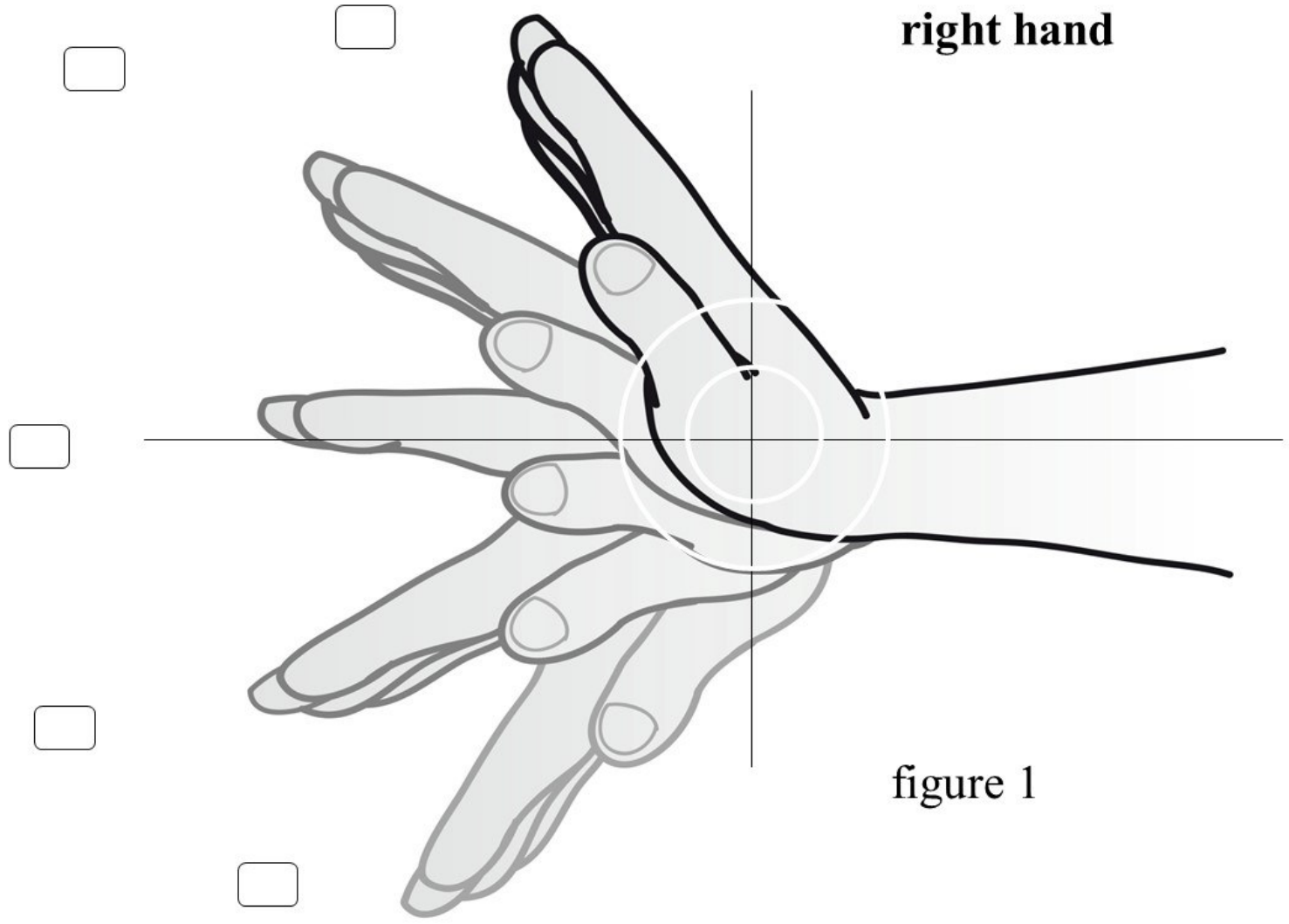
Please put your right and left hand on the attached figures 3 and 4:



The black circle corresponds to the rotation center of the wrist. Now move your hand according to the illustration and check which positions can be reached. Please note that your forearm should **not** change the position. The movement should only take place in your wrist!

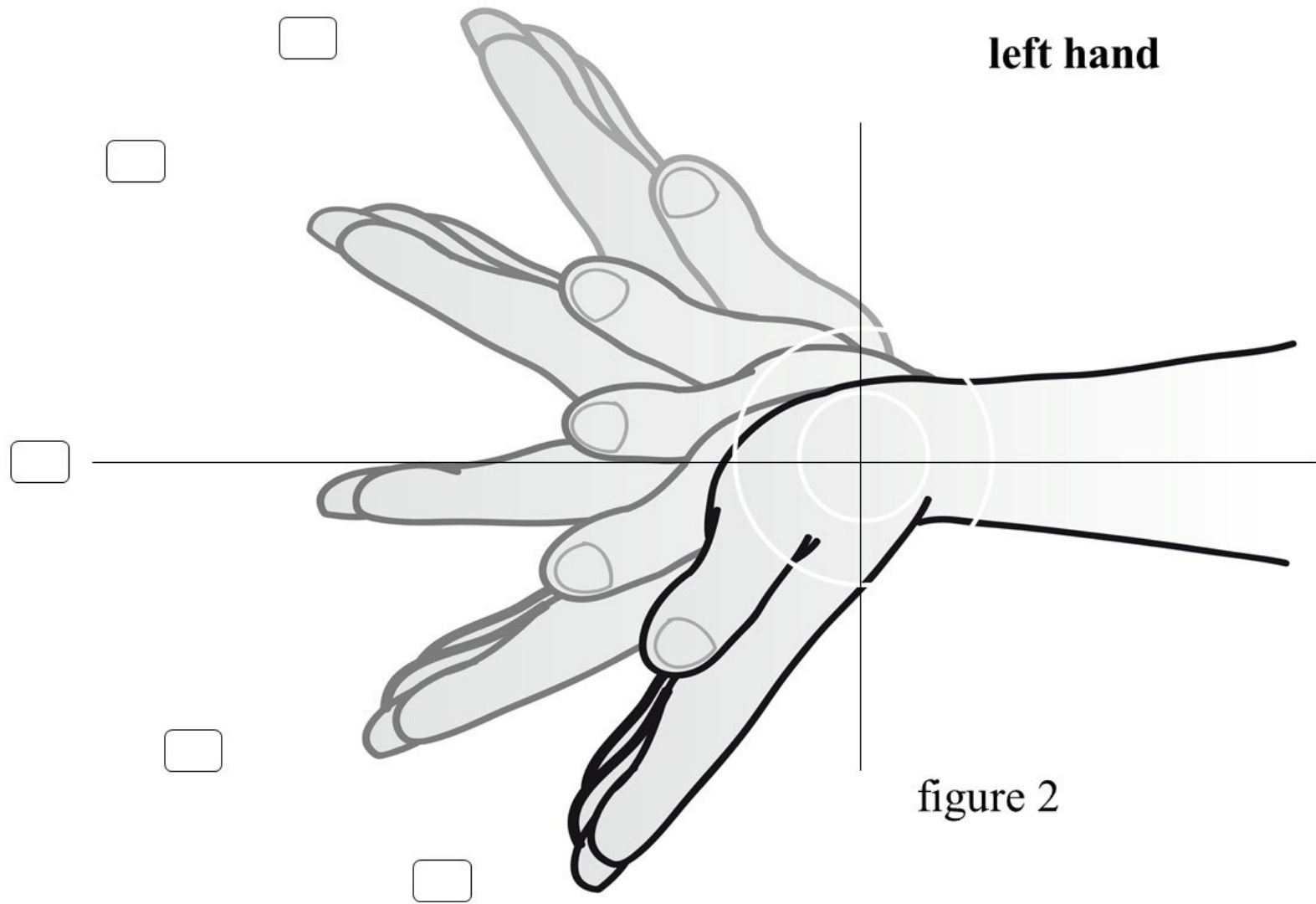
If you can only reach the starting position, please make a cross at the starting position.

Thank you very much for your efforts!



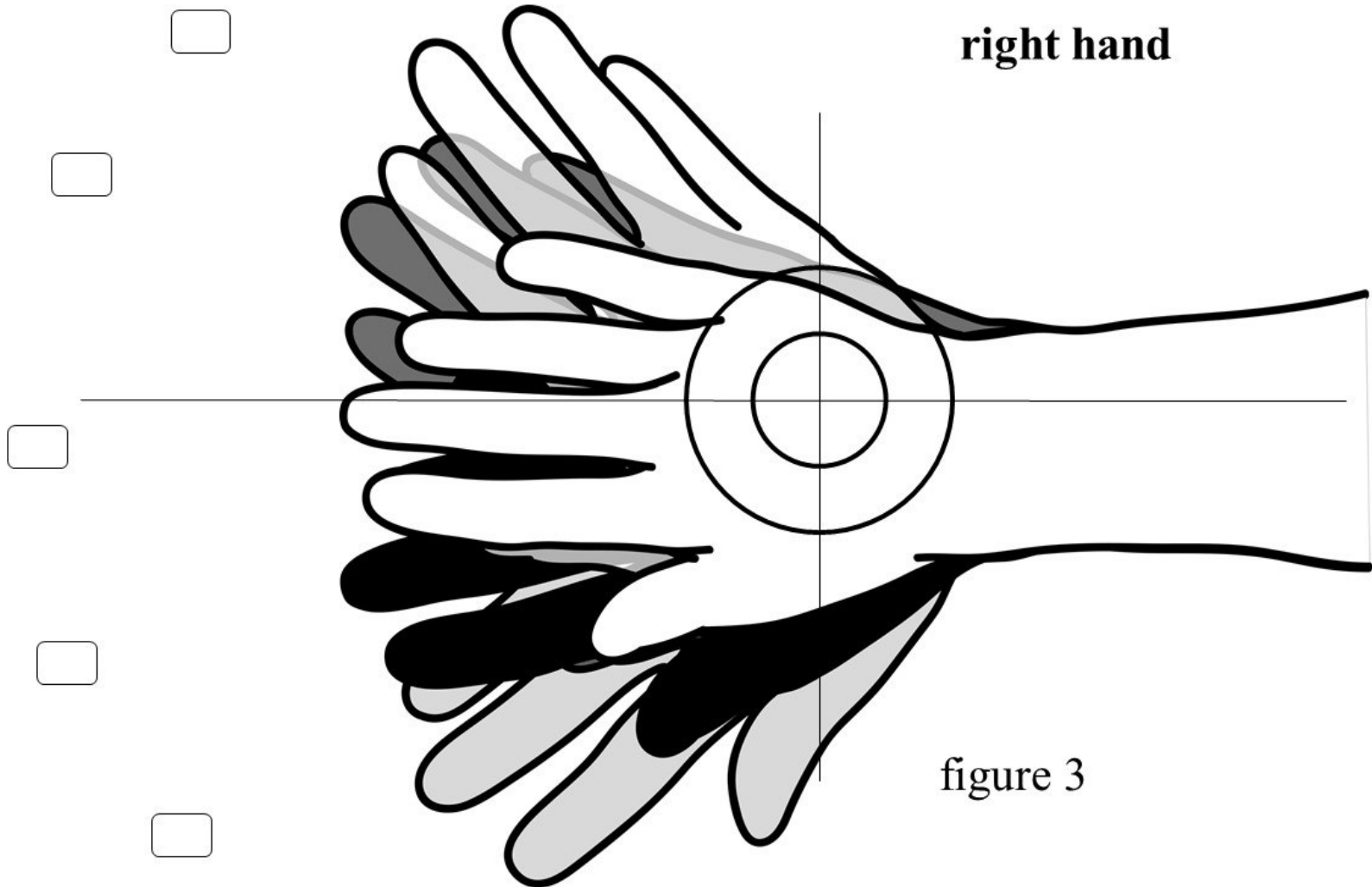
right hand

figure 1



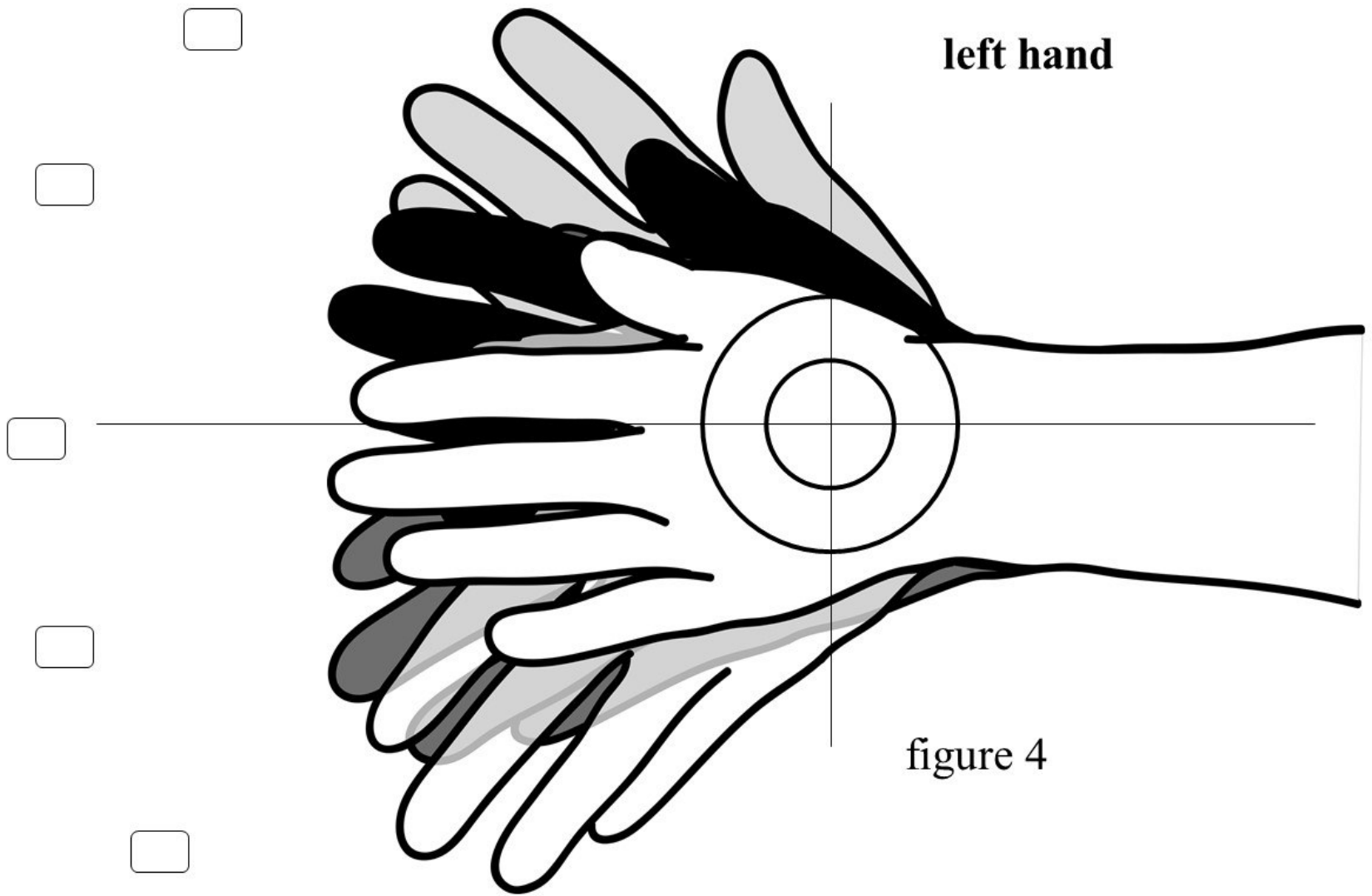
left hand

figure 2



right hand

figure 3



left hand

figure 4