Munich Wrist Questionnaire

Please answer every question with exactly one cross!

Date:			
Sex:	male	female	
Affected wrist:	right	left	both wrists
Working yes, as:			
\square no,	if no, because of	of the wrist?	□yes □no
Pensioner			
Housewife			
Do you take drugs because yes, if yes v	_	ffected wrist?	
no no			
right-handed		left-handed	
For which wrist do you ful right	Ifill the question	naire?	

Pain										
1. How severe is your pain at rest?										
none		littl	e	moderate		strong		intolerable		
2. How	severe is	your pai	n during	acitivitie	s of dail	y living	?			
none		little	e	r	moderate		S	trong	int	colerable
3. How	severe is	your pai	n during	carrying	a filled	shopping	g bag or	a briefca	se?	
none		little			moderat	e		strong	i	ntolerable
4. How	often do	you have	pain in t	the treate	ed wrist?					
never		rare		SOI	metimes		ofter	1	al	lways
5. How	satisfied	are you v	with the t	reatment	result?					
exc	cellent				modera	ite		•	not	at all
Worl	k and a	ctiviti	es of d	aily liv	ving					
6. Do v	ou have (difficultie	s when o	nening a	closed	alace of l	noney or	marmal	ade?	
none	ou nave (little		_	moderate	grass or r		rong		ssible
								Tolig		
7. Do y	ou have o	difficultie				ie keyho				
none		little		Ĭ	moderate		st	rong	im	possible
8. Do y	ou have o	difficultie	s when u	sing a kr	nife to pr	repare a	meal?			
none		little		I	moderate		st	rong	impos	sible

9. Do you ha	ave difficul	ties when p	ressing a	a door ha	andle?				
none	little			moderate st			trong impossible		
10. Do you	nave difficu	lties when	writing	on a key	pad or pl	aying th	e piano?		
none		little		modera	ate	Si	trong	in	possible
11. Do you	nave difficu	lties when	brushing	g your te	eth?				
none		little		modera	te	Si	trong	in	npossible
12. Could yo	ou return to	your form	er work	after trea	tment?				
Former work p	ossible								
Limited in for	ner work due	to the treated	l wrist						
Able to work,	but unemploy	ed							
Not able to wo	rk due to the	treated wrist							
Grip str	ength								
13. How do	you assess	the grip str	ength of	the treat	ed wrist	in comp	arison to	your uni	njured
wrist? Grip	strength co	responds t	0						
100%		75%		509	%		25%		0%

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

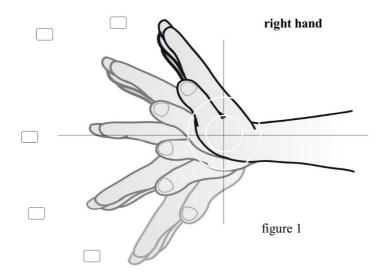


Right hand:	
[] yes	
Left hand:	
□ yes	

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:
right hand
figure 3
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!

