

QUESTIONNAIRE RANGE OF MOTION

WRIST

Dear Patient,

On the following pages you will find some pictures designed to measure the extent of movement in your wrist. Please answer as accurately as possible for **BOTH** wrists.

Thank you for your cooperation!

Patient data:

Name:

Date of birth:

Please tick as appropriate:

Wrist affected (or wrist currently being treated):

Right

Left

Are you:

Right-handed?

Left-handed?

QUESTIONNAIRE

WRIST

Please tick under **EACH** picture for **BOTH** wrists if you are able to perform the movement as shown. To help, you can lay your hand on the edge of a table.

Extension and flexion of the wrist:



≥ 70° extension

Right

Left



60° extension

Right

Left



40° extension

Right

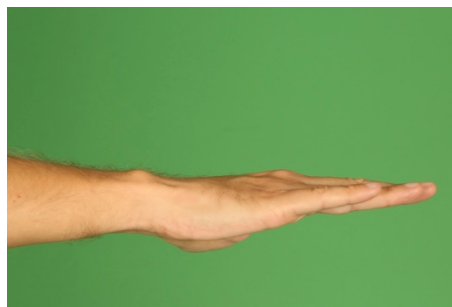
Left



20° extension

Right

Left



straight, 0°

Right

Left

QUESTIONNAIRE

WRIST

Please tick under **EACH** picture for **BOTH** wrists if you are able to perform the movement as shown. To help, you can lay your hand on the edge of a table.



20° flexion

Right
Left



40° flexion

Right
Left



60° flexion

Right
Left



≥ 80° flexion

Right
Left

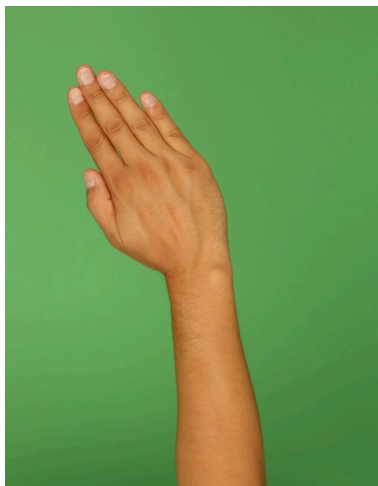
Comments:

QUESTIONNAIRE

WRIST

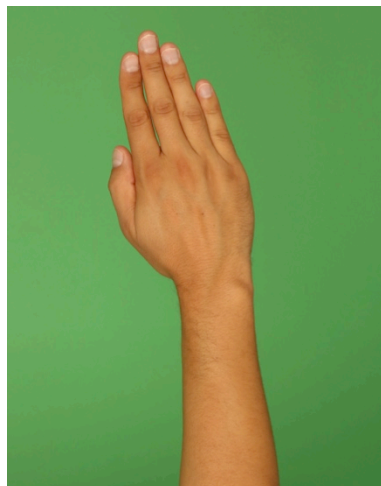
Please tick under **EACH** picture for **BOTH** wrists if you are able to perform the movement as shown. To help, you can lay your hand flat on a table.

Movement towards the thumb and little finger:



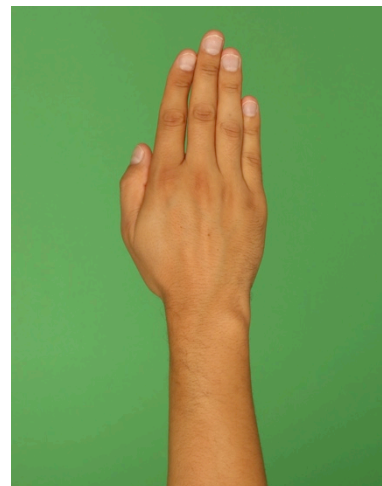
$\geq 20^\circ$ towards the thumb

Right
Left



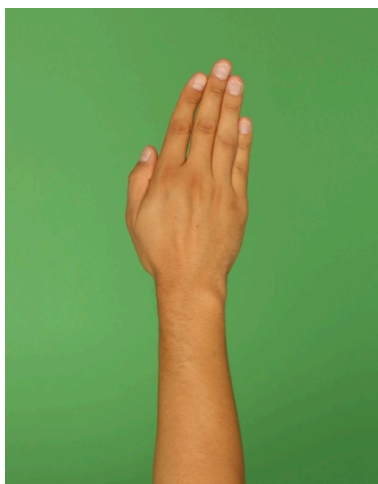
10° towards the thumb

Right
Left



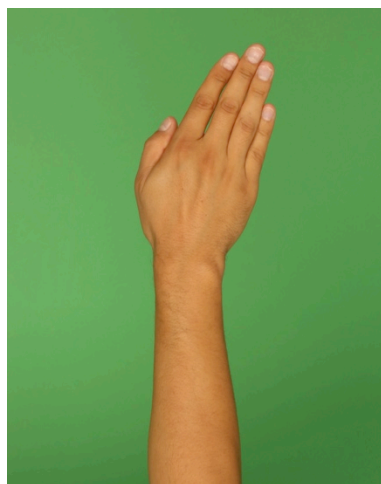
straight, 0°

Right
Left



10° towards the little finger

Right
Left



20° towards the little finger

Right
Left



$\geq 30^\circ$ towards the little finger

Right
Left

Comments: