

**UPPER LIMB FUNCTIONAL INDEX- 8**

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ INJURY \_\_\_\_\_  LEFT ARM  RIGHT ARM

**PLEASE COMPLETE ALL PARTS - Each part has a separate score:**

Your upper limb (arm) may make it difficult to do some things you normally do. This list contains sentences people use to describe themselves when they have such problems. Think of yourself over the last few days. **If an item describes you, mark the Box 'Partly' or 'Yes'. If an item does not describe you, Mark the Box 'NO'.**

**DUE TO MY ARM:**

**No Partly Yes**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. I avoid heavy jobs eg. cleaning, lifting more than 5kg or 10lbs, gardening etc.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. I have the pain / problem almost all the time.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. I have difficulty with normal home or family duties and chores.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. I sleep less well.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. My regular daily activities (work, social contact) are affected.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. I have difficulty putting my arm into a shirt sleeves or need assistance dressing.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. I use the other arm more often.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. I have difficulty with buttons, keys, coins, taps/faucets, containers or screw-top lids.

**ULFI SCORE: To Score the Upper Part – Add the Marked Boxes:**

a) =  **TOTAL ULFI-8 Points** (x 12.5) = b) = \_\_\_\_\_ = **Total on 100 Scale** 100 – b) Total =  %

**MDC (90% Confidence):** 8.5 % or 0.85 ULFI points. Change less than this may be due to error

**Numeric Rating Scale (NRS)**

In the last few days, as a whole person, **due to your ARM**, rank the **severity** of your **Overall Status** compared to before the injury?

Totalx10 = \_\_\_\_\_ %

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Worst Possible			Half Way				Normal / No Problem			