

Capabilities of Upper Extremity Questionnaire

Adapted from Marino RJ, Shea JA and Stineman MG. The capabilities of upper extremity instrument: reliability and validity of a measure of functional limitation in tetraplegia, Arch Phys Med Rehabil, 79 (12): 1512-21, 1998; Appendix.. Used with permission from Elsevier Publishing.

Scoring:

Item by item results of the test are straightforward to interpret. Total scores range from 32 to 224 with higher scores reflecting better function. Left and right arm/hand function can be derived separately. A percent of normal function score is also possible using the following algorithm $((\text{total score} - 32) / 192 * 100\%)$.

Read the following instructions to the patient and be sure he/she understands the responses before proceeding to the questions.

“This questionnaire is designed to find out how well you are able to use your arms and hands. I will ask you about a number of actions which some people with spinal cord injury have limitations performing. Please consider whether, on an average day, you have difficulties or limitations performing these actions. By this I mean difficulty doing the action, or trouble doing it as often as you would like or need in order to complete everyday activities. Consider only the specific part of your arm or hand asked about in each question. For example, if asked about pulling something with your arm, do not worry about whether or not you can grab it with your hand.

Pick one of the following responses to indicate how much, if any, limitation you have:”

- 7. not at all limited
- 6. a little limited
- 5. some limitation
- 4. moderately limited
- 3. very limited
- 2. extremely limited
- 1. totally limited, can't do it at all

Capabilities of Upper Extremity (CUE) Worksheet:

Patient name: _____

Date: _____

The following questions are about your ability to reach or lift:

1. Think about reaching out with your arm to touch something directly in front of you that is at shoulder ^[L]_[SEP] level:
 - a. How limited are you doing this using your RIGHT ARM? ^[L]_[SEP] _____
 - b. How limited are you doing this using your LEFT ^[L]_[SEP] ARM? _____

2. Think about raising your arm directly over your head, ^[L]_[SEP] with your arm straight:
 - a. How limited are you doing motion using your RIGHT ^[L]_[SEP] ARM? _____

- b. How limited are you doing motion using your LEFT ^[L]_[SEP]ARM? _____
3. Think about reaching down to touch the floor and sitting ^[L]_[SEP]back up straight, without hooking with your other arm or using it to pull yourself up:^[SEP]
- a. How limited are you doing this with your RIGHT ^[R]_[SEP]HAND?^[SEP] _____
- b. How limited are you doing this with your LEFT ^[L]_[SEP]HAND? _____
4. Think about raising a 5-pound object like a heavy blanket over your head using both arms. (Don't worry about whether you could grab it with your hands, just if you could raise something that heavy over your head.):
How limited are you doing this using BOTH ARMS? _____

The following questions are about your ability to pull and push with your arms:

5. Think about pulling or sliding (without grasping) a light object such as a can of soda, that is on a table, towards you:
- a. How limited are you doing this kind of thing using your RIGHT ARM? _____
- b. How limited are you doing this kind of thing using your LEFT ARM? _____
6. Think about pulling or sliding (without grasping) a heavy object (up to 10 lbs.), that is on a table, towards you:^[L]_[SEP]
- a. How limited are you doing this kind of thing using your RIGHT ARM?^[R]_[SEP] _____
- b. How limited are you doing this kind of thing using your LEFT ARM?^[L]_[SEP] _____
7. Think about pushing a light object such as a can of soda on a table, away from you:^[L]_[SEP]
- a. How limited are you doing this kind of thing using your RIGHT ARM?^[R]_[SEP] _____
- b. How limited are you doing this kind of thing using your LEFT ARM?^[L]_[SEP] _____
8. Think about pushing a heavy object (up to 10 lbs.) on a table, away from you:^[L]_[SEP]
- a. How limited are you doing this kind of thing using your RIGHT ARM?^[R]_[SEP] _____
- b. How limited are you doing this kind of thing using your LEFT ARM?^[L]_[SEP] _____
9. Think about pushing down with both arms into your chair enough to lift your buttocks (both sides) off the seat (do a push-up weight shift):
How limited are you doing this?^[L]_[SEP] _____

The following questions are about moving and positioning your arm and wrist:

10. With your hand on your lap palm down, think about curling your wrist upwards, keeping your arm on your lap:^[L]_[SEP]

- a. How limited are you doing this motion using your RIGHT HAND?^[1]_[SEP] _____
- b. How limited are you doing this motion using your LEFT HAND? _____

11. Think about turning your hand over-from your palm facing up to facing the floor, keeping your elbow bent at your side (the arm motion someone would make when turning a doorknob or a dial):^[1]_[SEP]

- a. How limited are you doing this motion using your RIGHT ARM?^[1]_[SEP] _____
- b. How limited are you doing this motion using your LEFT ARM?^[1]_[SEP] _____

The following question are about using your hands and fingers:

12. Think about grasping and holding an object like a hammer with your hand:

- a. How limited are you doing this kind of thing using your RIGHT HAND?^[1]_[SEP] _____
- b. How limited are you doing this kind of thing using your LEFT HAND?^[1]_[SEP] _____

13. Think about picking up a small object such as a paper clip or the cap of a tube of toothpaste with the tips of your thumb and first two fingers:^[1]_[SEP]

- a. How limited are you doing this kind of thing using your RIGHT HAND?^[1]_[SEP] _____
- b. How limited are you doing this kind of thing using your LEFT HAND? _____

14.^[1]_[SEP] Think about pinching and holding an object between your thumb and the side of your index finger, such as holding a key:^[1]_[SEP]

- a. How limited are you doing this kind of thing using your RIGHT HAND? _____
- b. How limited are you doing this kind of thing using your LEFT HAND? _____

15. Think about grasping a large object like the lid of a 2 pound jar of mayonnaise with the tips of the fingers hard enough to pick the jar up or open the lid:

- a. How limited are you doing this kind of thing using your RIGHT HAND? _____
- b. How limited are you doing this kind of thing using your LEFT HAND? _____

16. Think about using your fingers to manipulate objects, such as holding a coin and turning it over and over with your fingers:

- a. How limited are you doing this kind of thing using your RIGHT HAND? _____
- b. How limited are you doing this kind of thing using your LEFT HAND? _____

17. Think about pressing something with the tip of your index finger (not knuckle) such as dialing a touch-tone phone or ringing a doorbell:

- a. How limited are you doing this kind of thing using your RIGHT HAND? _____
- b. How limited are you doing this kind of thing using your LEFT HAND? _____

Total Score: _____