

APPENDIX I

Hand function



1. Can grip around a plastic tube (diam. 8 cm men, 6 cm women). The tube should be held against the palm of the hand with the thumb and all fingers flexed around it.

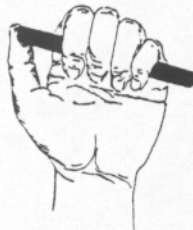
0 point

Can grip around the tube with all fingers, but the tube is not completely in touch with the palm.

1 point

Can grip around the tube with 0-4 fingers.

2 points



2. Can bend fingers 2-5 around a pencil. All fingers must come completely around.

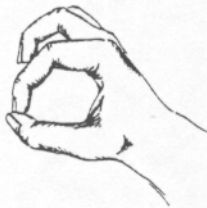
0 point

Can bend fingers 2-5 around a tube (diam. 2 cm). All fingers must come completely around.

1 point

Cannot bend all fingers around the tube.

2 points



3. Can manage a round pincer grip.

0 point

Can manage a D-shaped pincer grip.

1 point

Cannot manage any pincer grip.

2 points



4. Can oppose the tip of the thumb to the base of the 5th finger.

0 point

Can oppose the thumb towards the palm past the index finger. The tip of the thumb need not to touch the palm.

1 point

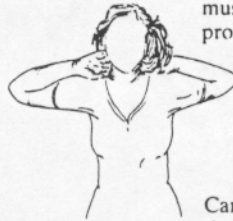
Cannot oppose the thumb past the index finger.

2 points

Upper limb function

1. Can place the hand at the back of the neck with the arm 90° abducted. The fingers must touch the spinous processes.

0 point

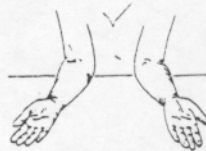


Can put the hand at the back of the neck with less than 90° abduction of the arm. The fingers must touch the spinous processes.

1 point

Cannot manage.

2 points



2. Sitting at a table with elbows 90° flexed. Can put the back of the hands on the table. MCP II-V must touch the surface.

0 point

Can manage half-way. MCP IV-V touch the table.

1 point

Can manage less than half-way.

2 points

3. Lying supine. Elbow extension is measured with a goniometer.

Full extension (0).

0 point

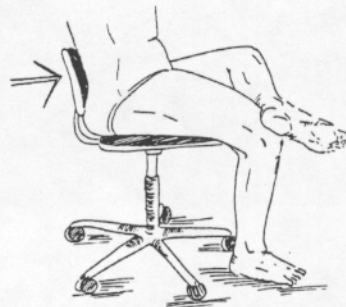
Flexion deformity 15° or less.

1 point

Flexion deformity more than 15°.

2 points

Lower limb function



1. Sitting on a chair with the back properly supported.

The heel can be placed above the opposite knee.

0 point

The heel can be lifted half-way up on the opposite leg.

1 point

Cannot manage.

2 points

2. Lying supine. Knee extension is measured with a goniometer.

Full extension ( $0^\circ$ ).

0 point

Flexion deformity  $10^\circ$  or less.

1 point

Flexion deformity more than  $10^\circ$ .

2 points



3. Standing with one foot at a time on a board which is balanced over a cylinder (diam. 4 cm). No shoes on. Balance support is allowed. Can tip over the board so that the heel side touches the floor.

0 point

Can tip over the board partly to the heel side. Minimal distance to the floor 2 cm. (An extra piece of wood may be placed under the board for stabilization.)

1 point

Cannot manage.

2 points



4. Standing without shoes on tip-toes with one foot at a time. The heel must be lifted from the floor. Balance support is allowed.

Can stand on tip-toes.

0 point

Can stand on tip-toes, but experience pain.

1 point

Cannot manage.

2 points