

Badin, Jeremy  
 MR# 1002548110  
 9/4/18

### THE UPPER EXTREMITY FUNCTIONAL INDEX (UEFI)

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your upper limb problem for which you are currently seeking attention. Please provide an answer for **each** activity.

Today, do you or would you have any difficulty at all with:

(Circle one number on each line)

	Activities	Extreme Difficulty or Unable to Perform Activity	Quite a Bit of Difficulty	Moderate Difficulty	A Little Bit of Difficulty	No Difficulty
1	Any of your usual work, housework, or school activities	0	1	2	3	4
2	Your usual hobbies, re creational or sporting activities	0	1	2	3	4
3	Lifting a bag of groceries to waist level	0	1	2	3	4
4	Lifting a bag of groceries above your head	0	1	2	3	4
5	Grooming your hair	0	1	2	3	4
6	Pushing up on your hands (eg from bathtub or chair)	0	1	2	3	4
7	Preparing food (eg peeling, cutting)	0	1	2	3	4
8	Driving	0	1	2	3	4
9	Vacuuming, sweeping or raking	0	1	2	3	4
10	Dressing	0	1	2	3	4
11	Doing up buttons	0	1	2	3	4
12	Using tools or appliances	0	1	2	3	4
13	Opening doors	0	1	2	3	4
14	Cleaning	0	1	2	3	4
15	Tying or lacing shoes	0	1	2	3	4
16	Sleeping	0	1	2	3	4
17	Laundering clothes (eg washing, ironing, folding)	0	1	2	3	4
18	Opening a jar	0	1	2	3	4
19	Throwing a ball	0	1	2	3	4
20	Carrying a small suitcase with your affected limb	0	1	2	3	4
	<b>Column Totals:</b>		2	6	12	12

Minimum Level of Detectable Change (90% Confidence): 9 points

SCORE:  $\frac{37}{80} = 60\%$  imp.

Source: Stratford PW, Binkley, JM, Stratford DM (2001): Development and initial validation of the upper extremity functional index. Physiotherapy Canada. 53(4):259-267.

Bodin, Jeffrey  
MR# 1002548110

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6	Pushing up on your hands (eg from bathtub or chair)	0	1	2	3	4
7	Preparing food (eg peeling, cutting)	0	1	2	3	4
8	<del>Driving</del>	<del>0</del>	<del>1</del>	<del>2</del>	<del>3</del>	<del>4</del>
9	Vacuuming, sweeping or raking	0	1	2	3	4
10	Dressing	0	1	2	3	4
11	Doing up buttons	0	1	2	3	4
12	Using tools or appliances	0	1	2	<del>3</del>	4
13	Opening doors	0	1	2	3	4
14	Cleaning	0	1	2	3	4
15	Tying or lacing shoes	0	1	2	3	4
16	Sleeping	0	1	2	3	4
17	Laundering clothes (eg washing, ironing, folding)	0	1	2	3	4
18	Opening a jar	0	1	2	3	4
19	Throwing a ball	0	1	2	3	4
20	Carrying a small suitcase with your affected limb	0	1	2	3	4
	<b>Column Totals:</b>		5	12	9	12

Minimum Level of Detectable Change (90% Confidence): 9 points

SCORE: 39/80 = 52.5%

Source: Stratford PW, Binkley, JM, Stratford DM (2001): Development and initial validation of the upper extremity functional index. Physiotherapy Canada. 53(4):259-267.

X Jeffrey Bodin  
date 12/31/10  
impairment

Bodin, Jeffrey  
MR# 1002548110

**THE UPPER EXTREMITY FUNCTIONAL INDEX (UEFI)**

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6	Pushing up on your hands (eg from bathtub or chair)	0	1	2	3	4
<del>7</del>	<del>Preparing food (eg peeling, cutting)</del>	<del>0</del>	<del>1</del>	<del>2</del>	<del>3</del>	<del>4</del>
<del>8</del>	<del>Driving</del>	<del>0</del>	<del>1</del>	<del>2</del>	<del>3</del>	<del>4</del>
<del>9</del>	<del>Vacuuming, sweeping or raking</del>	<del>0</del>	<del>1</del>	<del>2</del>	<del>3</del>	<del>4</del>
10	Dressing	0	1	2	3	4
11	Doing up buttons	0	1	2	3	4
12	Using tools or appliances	0	1	2	3	4
13	Opening doors	0	1	2	3	4
14	Cleaning	0	1	2	3	4
15	Tying or lacing shoes	0	1	2	3	4
16	Sleeping	0	1	2	3	4
17	Laundrying clothes (eg washing, ironing, folding)	0	1	2	3	4
18	Opening a jar	0	1	2	3	4
19	Throwing a ball	0	1	2	3	4
20	Carrying a small suitcase with your affected limb	0	1	2	3	4
	<b>Column Totals:</b>		6	4	9	9

NA

Minimum Level of Detectable Change (90% Confidence): 9 points

SCORE:  $\frac{2}{180} \times 76 = 64.5\%$

Source: Stratford PW, Binkley, JM, Stratford DM (2001): Development and initial validation of the upper extremity functional index. Physiotherapy Canada. 53(4):259-267.

X Jeffrey Bodin  
date 1/10/19

impairment

Bodin, Jeffrey  
 4/9/19 9:25 am  
 MR# 1002548110

**THE UPPER EXTREMITY FUNCTIONAL INDEX (UEFI)**

We are interested in knowing whether you are having any difficulty at all with the activities listed below because of your upper limb problem for which you are currently seeking attention. Please provide an answer for **each** activity.

Today, do you or would you have any difficulty at all with:

(Circle one number on each line)

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7	Preparing food (eg peeling, cutting)	0	1	2	3	4
8	<del>Driving</del>	<del>0</del>	<del>1</del>	<del>2</del>	<del>3</del>	<del>4</del>
9	Vacuuming, sweeping or raking	0	1	2	3	4
10	Dressing	0	1	2	3	4
11	Doing up buttons	0	1	2	3	4
12	Using tools or appliances	0	1	2	3	4
13	Opening doors	0	1	2	3	4
14	Cleaning	0	1	2	3	4
15	Tying or lacing shoes	0	1	2	3	4
16	Sleeping	0	1	2	3	4
17	Laundrying clothes (eg washing, ironing, folding)	0	1	2	3	4
18	Opening a jar	0	1	2	3	4
19	Throwing a ball	0	1	2	3	4
20	Carrying a small suitcase with your affected limb	0	1	2	3	4
	<b>Column Totals:</b>	<b>3</b>	<b>4/4</b>	<b>3/6</b>	<b>5/15</b>	<b>4/16</b>

N/A

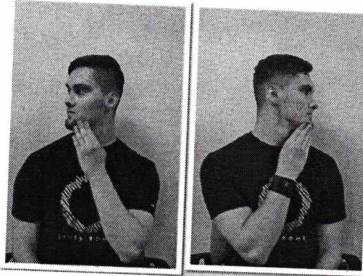
Minimum Level of Detectable Change (90% Confidence): 9 points

SCORE: 31/80 = 61.25%

Source: Stratford PW, Binkley, JM, Stratford DM (2001): Development and initial validation of the upper extremity functional index. Physiotherapy Canada. 53(4):259-267.

impairment

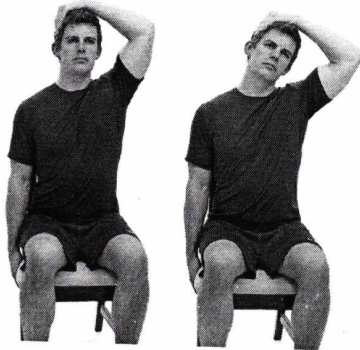
Total 3



**Seated Cervical Rotation**

Seated in a chair with upright posture. Turn your head toward your shoulder and add slight overpressure on your chin (as shown above) to increase the stretch.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

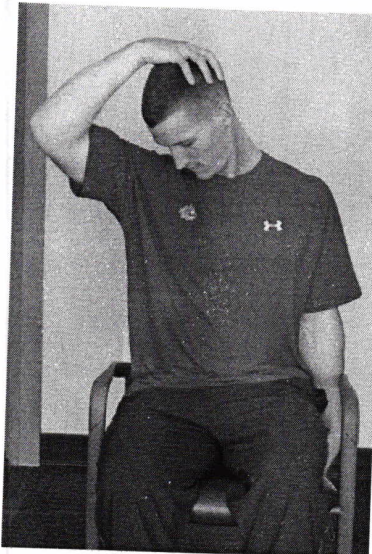


**UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD**

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



**Levator Stretch**

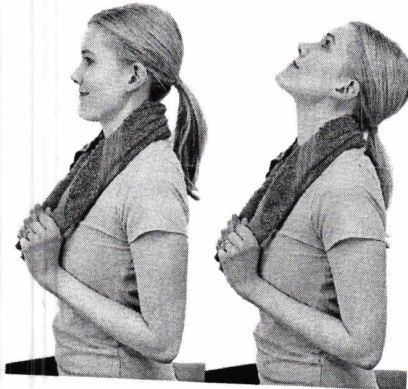
Sit on your left hand, turn your head to the right then look down past your armpit. Grab the back of your head with right hand and gently pull until you feel the stretch. Repeat on both sides.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day

Bodhi J

MRA# 1002542110

Total 2

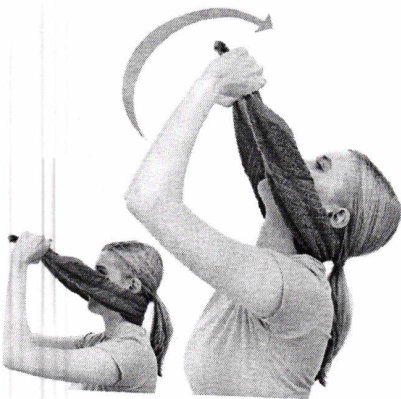


**CERVICAL EXTENSION WITH TOWEL -  
CURVE OF NECK**

Start with a small hand towel wrapped around the curve of your neck and holding the ends of the towel forward as shown. Next, extend your neck back over the towel as to look up at the ceiling. Then, return to starting position.

Your hands should remain still and holding the ends of the towel the entire time.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day



**CERVICAL EXTENSION WITH TOWEL  
SUPPORT**

Start with a small hand towel wrapped around the base of your skull and holding the ends of the towel forward as shown. Next, perform a chin tuck and extend your neck back and upwards as if you are going to look up at the ceiling. Then, return to starting position.

Your hands should follow with your head during the movement.

Repeat 3 Times  
Hold 30 Seconds  
Complete 1 Set  
Perform 2 Time(s) a Day