



# Physical Therapy & Vestibular Rehabilitation

Wendy Webb Schoenewald, PT, OCS  
Joanne Haug, PT • Kelsey Hanlon PT, DPT  
Palak Mulji, PT, DPT • Jenna McLane, PT, DPT  
Amanda Nguyen, PT, DPT

## 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:**

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, recreational 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>					

**SCORE:** \_\_\_\_ / 80 = \_\_\_\_ % ability → \_\_\_\_ % impairment

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

**Source:** Stratford et al (2001): Development and initial validation of the upper extremity functional index. Physiotherapy Canada 53 (4): 259-67. Minimum detectable change (90% confidence): 6 points

1456 Ferry Road • Suite 601 • Doylestown, PA 18901 • (215) 489-3234 • Fax: (215) 489-0131 • [www.wwspt.com](http://www.wwspt.com)