



WIHSID:

A4. WAS THE **SEMI-TANDEM** STAND ATTEMPTED?

- YES ..... 1
- YES, BUT UNABLE TO HOLD  $\geq$  1 SECOND..... 2 (**SECTION B**)
- NO; PARTICIPANT REFUSED ..... 3 (**SECTION B**)
- NOT ATTEMPTED, UNABLE ..... 4 (**SECTION B**)
- OTHER..... 5

SPECIFY: \_\_\_\_\_ (**SECTION B**)

A5. HOW LONG WAS PARICIPANT ABLE TO HOLD **SEMI-TANDEM** \_\_\_\_\_ . \_\_\_\_\_  
POSITION (MAXIMUM **30** SECONDS)? SECONDS

A6. DID PARICIPANT HOLD **SEMI-TANDEM** POSITION FOR 30 SECONDS?

- YES ..... 1
- NO ..... 2 (**SECTION B**)

A7. WAS THE **TANDEM** STAND ATTEMPTED?

- YES ..... 1
- YES, BUT UNABLE TO HOLD  $\geq$  1 SECOND..... 2 (**SECTION B**)
- NO; PARTICIPANT REFUSED ..... 3 (**SECTION B**)
- NOT ATTEMPTED, UNABLE ..... 4 (**SECTION B**)
- OTHER..... 5

SPECIFY: \_\_\_\_\_ (**SECTION B**)

A8. HOW LONG WAS PARICIPANT ABLE TO HOLD **TANDEM** \_\_\_\_\_ . \_\_\_\_\_  
POSITION (MAXIMUM **30** SECONDS)? SECONDS

A9. DID PARICIPANT HOLD **TANDEM** POSITION FOR 30 SECONDS?

- YES ..... 1
- NO ..... 2 (**SECTION B**)

A10. WAS THE **SINGLE-LEG** STAND ATTEMPTED?

- YES ..... 1
- YES, BUT UNABLE TO HOLD  $\geq$  1 SECOND..... 2 (**SECTION B**)
- NO; PARTICIPANT REFUSED ..... 3 (**SECTION B**)
- NOT ATTEMPTED, UNABLE ..... 4 (**SECTION B**)
- OTHER..... 5

SPECIFY: \_\_\_\_\_ (**SECTION B**)

A11. HOW LONG WAS PARICIPANT ABLE TO HOLD **SINGLE-LEG** \_\_\_\_\_ . \_\_\_\_\_  
POSITION (MAXIMUM **30** SECONDS)? SECONDS

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## SECTION B. FUNCTIONAL REACH TEST

**Script:** Reach forward as far as you can at the level of the yardstick by shifting your weight forward on your feet. Hold your endpoint until I tell you to stop. Do not step forward and keep your heels on the floor. You may not touch the yardstick. Keep the other arm at your side. I will stay close to you to prevent you from falling. We will practice twice, and then perform the reach test three times.

DEMONSTRATE TO PARTICIPANT AND PROVIDE FEEDBACK TO PARTICIPANT DURING PRACTICE TRIALS.

### B1. WAS THE **FUNCTIONAL REACH TEST** ATTEMPTED?

YES ..... 1  
NO; PARTICIPANT REFUSED ..... 2 (SECTION C)  
NOT ATTEMPTED, UNABLE ..... 3 (SECTION C)  
OTHER ..... 4

SPECIFY: \_\_\_\_\_ (SECTION C)

### B2. WHAT WAS THE STARTING AND ENDING POINT OF THE **FIRST TRIAL**?

STARTING POINT |\_\_|\_\_|\_\_| . |\_\_|\_\_| cm

ENDING POINT |\_\_|\_\_|\_\_| . |\_\_|\_\_| cm

### B3. DID PARTICIPANT ATTEMPT A **SECOND TRIAL**?

YES ..... 1  
NO ..... 2 (SECTION C)

### B4. WHAT WAS THE STARTING AND ENDING POINT OF THE **SECOND TRIAL**?

STARTING POINT |\_\_|\_\_|\_\_| . |\_\_|\_\_| cm

ENDING POINT |\_\_|\_\_|\_\_| . |\_\_|\_\_| cm

### B5. DID PARTICIPANT ATTEMPT A **THIRD TRIAL**?

YES ..... 1  
NO ..... 2 (SECTION C)

### B6. WHAT WAS THE STARTING AND ENDING POINT OF THE **THIRD TRIAL**?

STARTING POINT |\_\_|\_\_|\_\_| . |\_\_|\_\_| cm

ENDING POINT |\_\_|\_\_|\_\_| . |\_\_|\_\_| cm

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### SECTION C. REPEATED CHAIR STANDS

**Script:** In this test, I want you to stand up ten times as quickly as you can, keeping your arms folded across your chest. When you stand up, come to a full standing position each time, and when you sit down, sit all the way down each time.

DEMONSTRATE TO PARTICIPANT.

**Script:** When I say “GO” stand ten times in a row, as quickly as you can, without stopping. Stand all the way up and sit all the way down each time.

DEMONSTRATE TO PARTICIPANT. COUNT AS PARTICIPANT SITS DOWN EACH TIME, AND RECORD TIMES FOR WHEN PARTICIPANT SITS DOWN FOR **FIFTH** AND **TENTH** TIME.

C1. WAS THE **REPEATED CHAIR STANDS TEST** ATTEMPTED?

- YES ..... 1
- YES, BUT UNABLE TO COMPLETE 5 STANDS  
WITHOUT USING ARMS ..... 2 (C4)
- YES, COMPLETED 5, BUT UNABLE TO COMPLETE  
10 STANDS WITHOUT USING ARMS ..... 3 (C5)
- NO; PARTICIPANT REFUSED ..... 4 (SECTION D)
- NOT ATTEMPTED, UNABLE ..... 5 (SECTION D)
- OTHER ..... 6

SPECIFY: \_\_\_\_\_ (SECTION D)

C2. HOW LONG DID PARTICIPANT TAKE TO COMPLETE 5 CHAIR STANDS? |\_|\_|\_|\_| . |\_|\_|\_|  
SECONDS

C3. HOW LONG DID PARTICIPANT TAKE TO COMPLETE 10 CHAIR STANDS? |\_|\_|\_|\_| . |\_|\_|\_|  
SECONDS

C4. IF PARTICIPANT WAS UNABLE TO COMPLETE 5 CHAIR STANDS, HOW MANY DID SHE COMPLETE (MAXIMUM 4)? |\_|\_|  
PROMPT: IF PT. COMPLETED 5 CHAIR STANDS, ENTER “-1.”

C5. IF PARTICIPANT WAS UNABLE TO COMPLETE 10 CHAIR STANDS, HOW MANY DID SHE COMPLETE (MAXIMUM 9)? |\_|\_|  
PROMPT: IF PT. COMPLETED 10 CHAIR STANDS, ENTER “-1.”

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### SECTION D: GRIP STRENGTH

**Script:** In this exercise, I am going to use this instrument to measure the strength in your **dominant** hand. I will ask you a few questions first.

D1. Have you had a recent worsening of pain in your wrist or any acute flare ups in your dominant hand?

YES ..... 1 (SECTION E)  
NO ..... 2

D2. Do you think you could safely squeeze this as hard as you can with your dominant hand?

YES ..... 1  
NO ..... 2 (SECTION E)

D3. Have you had surgery on your dominant hand or arms during the last 13 weeks?

YES ..... 1 (SECTION E)  
NO ..... 2

**Script:** I'd like you to take your dominant arm, place your forearm on the table, and grab the two pieces of metal together like this.

EXAMINER SHOULD DEMONSTRATE AT THIS POINT.

**Script:** When I say “**squeeze,**” squeeze as hard as you can. The two pieces of metal will not move, but I will be able to read the force of your grip on the dial. I will ask you to do this three times. If you feel any pain or discomfort, tell me and we will stop.

DEMONSTRATE TO PARTICIPANT.

**Script:** Now you should place your arm on the table at right angles to your body. Grip the two pieces of metal with your dominant hand. Your wrist should be straight. Ready? Go!

BE SURE TO COACH: “**Squeeze, squeeze, squeeze!**” ALSO BE SURE TO TELL THE PARTICIPANT WHEN TO “**Stop!**”

D4. DID PARTICIPANT ATTEMPT TO PERFORM GRIP STRENGTH ASSESSMENT?

YES ..... 1  
NO; PARTICIPANT REFUSED ..... 5 (SECTION E)  
NOT ATTEMPTED, UNABLE ..... 6 (SECTION E)  
OTHER..... 4

SPECIFY: \_\_\_\_\_ (SECTION E)

D5. WHICH HAND WAS TESTED (DOMINANT HAND)?

LEFT ..... 1  
RIGHT ..... 2



