

Test Items	Grading		Criteria
	Right	Left	
1. Tip of thumb touches hypothenar of 5th finger	0	0	Test performed fully and without delay
	1	1	Test performed fully but with effort and/or delay
	2	2	Tip of thumb touches proximal phalanx of 3rd and 4th finger
	3	3	Neither is realized
2. Bending of 2nd finger	0	0	Finger clutched normally
	1	1	Finger cannot be bent normally; fingertip reaches palm
	2	2	Fingertip does not reach palm
3. Bending of 3rd finger	0	0	Finger clutched normally
	1	1	Finger cannot be bent normally; fingertip reaches palm
	2	2	Fingertip does not reach palm
4. Bending of 4th finger	0	0	Finger clutched normally
	1	1	Finger cannot be bent normally; fingertip reaches palm
	2	2	Fingertip does not reach palm
5. Bending of 5th finger	0	0	Finger clutched normally
	1	1	Finger cannot be bent normally; fingertip reaches palm
	2	2	Fingertip does not reach palm

Test Items	Grading		Criteria
	Right	Left	
6. Forearms held horizontally (if necessary, placed on table); palmar surfaces pressed together; fingertips point upward	1	1	Test performed fully and without delay
	2	2	Test performed fully but with effort and/or delay
	3	3	Volar and dorsal flexion of wrist reaches 45°. If necessary, testing of individual hand is assessed; if doubtful, only volar and dorsal flexion of hand are assessed
7. Forearms held horizontally (if necessary, placed on table); backs of hands pressed together; fingertips point downward	1	1	Test performed fully and without delay
	2	2	Test performed fully but with effort and/or delay
	3	3	Volar and dorsal flexion of wrist reaches 45°. If necessary, testing of individual hand is assessed; if doubtful, only volar and dorsal flexion of hand are assessed
8. Both backs of hands simultaneously placed on table; elbows held rectangularly; ulnar margin of hand slightly lifted	0	0	Test performed fully
	1	1	Backs of hands lie fully on table; margin cannot be lifted
	2	2	Backs of hands do not lie fully on table
9. Radial margin of hands simultaneously placed on table; thumb points downward before table edge. Planes of hand inclined slightly inward; no lateral bending of trunk	0	0	Test performed fully
	1	1	Planes of hands perpendicular; cannot be inclined inward
	2	2	Planes of hands not vertical

Test Items	Grading		Criteria
	Right	Left	
10. Both hands simultaneously on ipsilateral shoulder	0	0	Test performed normally, even if delayed Fingertips approach shoulder up to 5 cm Greater distance
	1	1	
	2	2	
11. Both hands simultaneously behind the neck (below ear level)	0	0	Test performed fully and without delay Test performed fully but with effort and/or delay Fingertips touch neck Fingertips do not touch neck
	1	1	
	2	2	
	3	3	
12. Rising from resting position (examination bed)	0		Quickly with extended hands
	1		With effort with extended hands
	2		With reinforcement of hands
	4		Only possible with extraneous assistance
	6		Impossible (points 3 and 5 are neglected)
13. Active spreading of legs in resting position	0		More than 50 cm condylar distance
	1		More than 20 cm condylar distance
	2		Less than 20 cm condylar distance
14. Rising from chair	0		Quickly with extended hands
	1		With effort with extended hands
	2		With reinforcement of hands
	4		Only possible with extraneous assistance
	6		Impossible (points 3 and 5 are neglected)

Test Items	Grading		Criteria
	Right	Left	
15. Standing on tip-toes for 15 seconds; support with one hand permitted	0		Possible for 15 seconds Possible for less than 15 seconds Impossible
	1		
	2		
16. Standing on heels for 15 seconds; support with one hand permitted; patient must stand straight	0		Possible for 15 seconds Possible for less than 15 seconds Impossible
	1		
	2		
17. Knee-bending exercise; gluteal region almost touches heels; support with one hand permitted	0		Test performed normally Only partially possible Impossible
	1		
	2		
18. Standing on one leg for 15 seconds; support with one hand permitted; patient must stand straight	0	0	Possible for 15 seconds Possible for less than 15 seconds Impossible
	1	1	
	2	2	
19. External rotation of hip joint; heel of test leg placed on supporting leg; angle of foot axes greater than 90°; support with one hand permitted; patient must stand straight	0	0	Test performed fully Angle of foot axes 90° Angle of foot axes less than 90°
	1	1	
	2	2	
20. Plantar surface of foot placed on chair; knee bent; patient stands very close to chair; support with one hand permitted	0	0	Test performed normally even if delayed Leg lifted from floor Lifting of leg from floor impossible
	1	1	
	2	2	
21. Heel placed on chair; knee extended; patient's distance from chair approximately 1 m; support with one hand permitted	0	0	Test performed normally even if delayed Leg lifted from floor Lifting of leg from floor impossible
	1	1	
	2	2	

Test Items	Grading		Criteria
	Right	Left	
22. Walking 30 m in hospital corridor; standard time, 20 seconds	0		Without difficulty in standard time
	1		With visible difficulty in standard time
	2		25 seconds
	3		30 seconds
	4		40 seconds
	5		Few steps with/or without assistance possible
	6		Impossible
23. Walking 10 steps upstairs; standard time, 7 seconds	0		Without use of railing in standard time
	1		Up to 14 seconds with use of railing
	2		More than 14 seconds; some steps with effort
	3		No steps
24. Walking 10 steps downstairs; standard time, 7 seconds	0		Without use of railing in standard time
	1		Up to 14 seconds with use of railing
	2		More than 14 seconds; some steps with effort
	3		No steps