

CAPABILITIES OF UPPER EXTREMITY QUESTIONNAIRE

This questionnaire is designed to find out how well you are able to use your arms and hands. I will ask you about a number of actions which some people with spinal cord injury have difficulties or limitations performing. Please consider whether, on an average day, you have difficulties or limitations performing these actions. By this I mean difficulty doing the action, or trouble doing it as often as you would like or need in order to complete everyday activities. Consider only the specific part of your arm or hand asked about in each question. For example, if asked about pulling something with your arm, do not worry about whether or not you can grab it with your hand.

Answer each question on a scale of 0 to 4, where 4 is the best – you have no difficulty or limitation doing the action, and 0 is the worst – you are totally limited and can't do it at all.

Score	Description
4	No Difficulty
3	Mild Difficulty
2	Moderate Difficulty
1	Severe Difficulty
0	Unable/ Complete difficulty

CAPABILITIES OF UPPER EXTREMITY QUESTIONNAIRE VERSION 2.1 (CUE-Q)							
THE FOLLOWING QUESTIONS ARE ABOUT YOUR ABILITY TO REACH OR LIFT			Unable/ Complete Difficulty	Severe Difficulty	Moderate Difficulty	Mild Difficulty	No Difficulty
1.	Think about reaching out with your arm to touch something directly in front of you that is at shoulder level: <i>how difficult is it to do this using your ...</i>	RIGHT ARM	0	1	2	3	4
		LEFT ARM	0	1	2	3	4
2.	Think about raising your arm directly over your head, with your arm straight: <i>how difficult is it to do this motion using your ...</i>	RIGHT ARM	0	1	2	3	4
		LEFT ARM	0	1	2	3	4
3.	Think about reaching down to touch the floor and sitting back up straight, without hooking with your other arm or using it to pull yourself up: <i>how difficult is it to do this using your ...</i>	RIGHT HAND	0	1	2	3	4
		LEFT HAND	0	1	2	3	4
4.	Think about raising a 5-pound object like a heavy blanket over your head using both arms. (Don't worry about whether you could grab it with your hands, just if you could raise something that heavy over your head.): <i>how difficult is it to do this using ...</i>	BOTH ARMS	0	1	2	3	4
THE FOLLOWING QUESTIONS ARE ABOUT YOUR ABILITY TO PULL AND PUSH WITH YOUR ARMS							
5.	Think about pulling or sliding (without grasping) a light object such as a can of soda, that is on a table, towards you: <i>how difficult is it to do this kind of thing using your ...</i>	RIGHT ARM	0	1	2	3	4
		LEFT ARM	0	1	2	3	4
6.	Think about pulling or sliding (without grasping) a heavy object (up to 10 lbs.), that is on a table, towards you: <i>how difficult is it to do this kind of thing using your ...</i>	RIGHT ARM	0	1	2	3	4
		LEFT ARM	0	1	2	3	4
7.	Think about pushing a light object such as a can of soda on a table, away from you: <i>how difficult is it to do this kind of thing using your ...</i>	RIGHT ARM	0	1	2	3	4
		LEFT ARM	0	1	2	3	4
8.	Think about pushing a heavy object (up to 10 lbs.) on a table, away from you: <i>how difficult is it to do this kind of thing using your ...</i>	RIGHT ARM	0	1	2	3	4
		LEFT ARM	0	1	2	3	4
9.	Think about pushing down with both arms into your chair enough to lift your buttocks (both sides) off the seat (do a push-up weight shift): <i>how difficult is it to do this using ...</i>	BOTH ARMS	0	1	2	3	4

THE FOLLOWING QUESTIONS ARE ABOUT MOVING AND POSITIONING YOUR ARM AND WRIST		Unable/ Complete Difficulty	Severe Difficulty	Moderate Difficulty	Mild Difficulty	No Difficulty	
10.	With your hand on your lap palm down, think about curling your wrist upwards, keeping your arm on your lap: <i>how difficult is it to do this motion with your ...</i>	RIGHT HAND	0	1	2	3	4
		LEFT HAND	0	1	2	3	4
11.	Think about turning your hand over - from your palm facing up to facing the floor, keeping your elbow bent at your side (the arm motion someone would make when turning a doorknob or a dial): <i>how difficult is it to do this motion with your ...</i>	RIGHT ARM	0	1	2	3	4
		LEFT ARM	0	1	2	3	4
THE FOLLOWING QUESTIONS ARE ABOUT USING YOUR HANDS AND FINGERS							
12.	Think about grasping and holding an object like a hammer with your hand: <i>how difficult is it to do this kind of thing using your ...</i>	RIGHT HAND	0	1	2	3	4
		LEFT HAND	0	1	2	3	4
13.	Think about picking up a small object such as a paper clip or the cap of a tube of toothpaste with the tips of your thumb and first two fingers: <i>how difficult is it to do this kind of thing using your .</i>	RIGHT HAND	0	1	2	3	4
		LEFT HAND	0	1	2	3	4
14.	Think about pinching and holding an object between your thumb and the side of your index finger, such as holding a key: <i>how difficult is it to do this kind of thing using your ...</i>	RIGHT HAND	0	1	2	3	4
		LEFT HAND	0	1	2	3	4
15.	Think about grasping a large object like the lid of a 2 pound jar of mayonnaise with the tips of the fingers hard enough to pick the jar up or open the lid: <i>how difficult is it to do this kind of thing using your..</i>	RIGHT HAND	0	1	2	3	4
		LEFT HAND	0	1	2	3	4
16.	Think about using your fingers to manipulate objects, such as holding a coin and turning it over and over with your fingers: <i>how difficult is it to do this kind of thing using your ...</i>	RIGHT HAND	0	1	2	3	4
		LEFT HAND	0	1	2	3	4
17.	Think about pressing something with the tip of your index finger (not knuckle) such as dialing a touch-tone phone or ringing a doorbell: <i>how difficult is it to do this kind of thing using your ...</i>	RIGHT HAND	0	1	2	3	4
		LEFT HAND	0	1	2	3	4

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Instruction Manual for version 2.1 of CUE™

Read instructions to patient. Emphasize that each question focuses on a specific part of arm or hand. Read the individual scores and words associated with them (0=unable, complete difficulty, 1=..., etc.) once before starting.

Notes on Individual Items.

1. Reach out.	Only concerned with reaching forward to touch item at shoulder level. Do not need to grasp.
2. Reach overhead.	Need to be able to get hand over head with elbow straight to do completely.
3. Reach Down	Not allowed to use other arm or hand to assist. Must be able to touch floor AND get back into sitting position.
4. Lift Overhead.	Asking about lifting object over head. Do not need to grasp. Think of blanket draped over forearms.
5. Pull light object	Concerned with ARM function, not hand function. If item was taped to hand, could person move it.
6. Pull heavy object	Concerned with ARM function, not hand function. If item was taped to hand, could person move it. Suggested items if person having trouble: bag of flour, bag of potatoes.
7. Push light object	Concerned with ARM function, not hand function. If item was taped to hand, could person move it.
8. Push heavy object	Concerned with ARM function, not hand function. If item was taped to hand, could person move it. Suggested items if person having trouble: bag of flour, bag of potatoes.
9. Push up in chair	Full task consists of lifting body weight off chair using arms. If person has some strength in legs, not allowed to use legs to help.
10. Wrist up	This is the motion used for tenodesis grasp. Bring wrist up in air, it doesn't matter what the fingers do.
11. Palm down	This motion is to come from the forearm (wrist-elbow), NOT the shoulder. Start as if getting a handout (palm up) and turn hand over to drop item on floor. Don't "cheat" by moving elbow away from side.
12. Grasp hammer	This task is to grasp a <u>cylinder-shaped</u> object, such as a hammer or umbrella. Not necessarily something as heavy as a hammer.
13. Small pinch	This task is to pick up a small object using the fingertips, not the sides of the fingers.
14. Key pinch	This task is to hold something "like a key", that is, between thumb and side of index finger.
15. Wide grasp	The purpose is to assess wide cylinder grasp. There needs to be some "grasp" force, not just getting fingers around the lid. Thus the need to open jar or pick it up. The jar lid is not "stuck", but has been opened before.
16. Manipulate	This is to assess finer control of fingers. Task does not involve picking up coin. Start with coin handed to person. Hold coin in air and turn over – heads to tails to heads.
17. Push with finger	This involves pushing with tip of index (pointer) finger, such as a doorbell or touch tone phone. Need to be able to extend finger. Not allowed to use knuckle or another finger or thumb.