**PAEDIATRIC TESS (pTESS-Arm)**

**ARM QUESTIONNAIRE**

The next few questions ask you about things that you do in life and we want to know if **over the past week** it has been easy or hard for you to do them. Some things you might not have been able to do but that is OK. Please put a check mark beside the answer that you feel is the right answer for you.

Please **do not** have your parents help you with the answers. If you need help reading a word, you can ask them to read it to you, but **please answer all by yourself**.

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**EXAMPLE**

Using a pencil or pen is:

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

You should choose the answer "too hard. I cannot do...." if the activity is **something that you usually do** but **now you cannot do** because of your arm.

If you do not usually do the activity then put a check mark beside "6".

We want to know if **over the past week** it has been easy or hard for you to do the following activities.

1. **Putting on a pair of pants is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

1. **Tying shoe laces is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

1. **Putting on socks is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

1. **Showering is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

1. **Putting on a coat or sweater is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

1. **Buttoning a shirt is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**7) Printing or writing is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**8) Colouring in a picture is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**9) Brushing your teeth is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**10) Brushing your hair is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**11) Cleaning up your bedroom is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**12) Cutting or peeling fruit is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**13) Cutting up food (like chicken) while eating is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**14) Drinking from a glass is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**15) Carrying heavy things is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**16) Helping with the shopping is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**17) Holding out your hand to give or take money is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**18) Carrying a back pack is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**19) Lifting a box to a high shelf is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**20) Turning a key in a lock is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**21) Pushing or pulling to open a door is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**22) Picking up small things is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**23) Doing my homework is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**24) Going to school everyday, all day is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**25) Playing my favorite games is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**26) Playing with friends and family is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**27) Doing my usual sports is:**

 1\_\_\_\_not hard at all.

 2\_\_\_\_a little bit hard.

 3\_\_\_\_kind of hard.

 4\_\_\_\_very hard.

 5\_\_\_\_ too hard. I can’t do this.

6\_\_\_\_I do not do this.

**DOING all the things I want to do is:**

(Please put a mark on the line below)

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 EASY VERY VERY HARD

**How do you FEEL about what you can do?:**

(Please put a mark on the line below)

10

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 VERY BAD VERY GOOD

Have we forgotten to ask you about anything else that you find hard to do because of your arm? Please print or write them on the lines below.

What bugged you most about the operation?

**Please check to make sure that you have answered all the questions.**

**Thank you for taking the time to answer these questions.**