

# Carbonhand Evaluation Form

## ADL Activities

Please identify three important activities that you are unable to do or have difficulties performing due to your impairment. List them below. Then rate your ability to perform the activities, without and with Carbonhand, by ticking the box beneath the appropriate number.

*Please see a list of proposed activities on page 2*

**Activity 1:** \_\_\_\_\_

	Unable to Perform	0	1	2	3	4	5	6	7	8	9	10	Able to perform at pre-injury level
Without Carbonhand													
With Carbonhand													

**Activity 2:** \_\_\_\_\_

	Unable to Perform	0	1	2	3	4	5	6	7	8	9	10	Able to perform at pre-injury level
Without Carbonhand													
With Carbonhand													

**Activity 3:** \_\_\_\_\_

	Unable to Perform	0	1	2	3	4	5	6	7	8	9	10	Able to perform at pre-injury level
Without Carbonhand													
With Carbonhand													

### Examples of ADL activities:

- Grab and lift a can
- Open previously opened jars
- Drink out of a glass of water
- Hold a plate full of food
- Lift and hold a frying pan for a few seconds
- Hold a screwdriver
- Brush your teeth
- Brush or comb your hair
- Pick up coins from a tabletop
- Pick up a credit card from a wallet
- Write your name with a pen or a pencil
- Open and close a zipper
- Cut dough using eating utensils
- Lift a heavy bag from the floor and hold it for approximately 10-15 seconds
- Lift free weights doing a biceps curl using 1.1 lb, 2.2 lb, 11 lb