



# Temple Physical Therapy

230 George Street, 5th Floor  
 New Haven, Connecticut 06510  
 203.498.5980 Phone  
 203.498.5999 Fax

Rate the following activities on how easy they are for you to perform on an average day.

1=able to do

2=able to do, but with some discomfort

3=stopped doing due to present injury

N/A=not applicable; have never done

## Mobility

Getting in/out of Bed	1	2	3	N/A
Getting in/out of a Chair	1	2	3	N/A
Getting in/out of a Car	1	2	3	N/A
Climbing Stairs	1	2	3	N/A
Climbing a Ladder	1	2	3	N/A

## Kitchen Activities

Meal Preparation	1	2	3	N/A
Cleaning Up	1	2	3	N/A
Reach into Top Cupboards	1	2	3	N/A
Reach into Bottom Cupboards	1	2	3	N/A

## Shopping

Pushing the Grocery Cart	1	2	3	N/A
Lifting bags of Groceries	1	2	3	N/A
Carrying bags of Groceries	1	2	3	N/A
Reaching for items Above shoulder height	1	2	3	N/A
Below waist height	1	2	3	N/A

## Home Maintenance

Mowing the Lawn	1	2	3	N/A
Gardening/Weeding	1	2	3	N/A
Raking	1	2	3	N/A
Chopping Wood	1	2	3	N/A
Shoveling	1	2	3	N/A

## Car Maintenance

Pumping Gas	1	2	3	N/A
Washing/Vacuuuming	1	2	3	N/A
Changing Tires	1	2	3	N/A
Changing Oil	1	2	3	N/A
Tune-Up	1	2	3	N/A

## Personal Hygiene

Sink Activities	1	2	3	N/A
Showering	1	2	3	N/A
Bathing	1	2	3	N/A
Shaving/Makeup	1	2	3	N/A
Toileting				

## Dressing

Shoes/Socks	1	2	3	N/A
Pants/Skirts/Hose	1	2	3	N/A
Shirt/Blouse	1	2	3	N/A

## Household Chores

Vacuuuming	1	2	3	N/A
Laundry	1	2	3	N/A
Sweeping	1	2	3	N/A
Making the Bed	1	2	3	N/A
Dusting	1	2	3	N/A
Mopping	1	2	3	N/A
Window Washing	1	2	3	N/A

## General

Lifting Children	1	2	3	N/A
Writing	1	2	3	N/A
Sleeping	1	2	3	N/A
Driving Stick Shift	1	2	3	N/A
Driving Automatic	1	2	3	N/A
Attending Functions/Activities	1	2	3	N/A

## Exercise

Walking	1	2	3	N/A
Cycling	1	2	3	N/A
Swimming	1	2	3	N/A
Stretching	1	2	3	N/A
Strengthening	1	2	3	N/A
Other	1	2	3	N/A