

Duruöz Hand Index (DHI)

Answers to the questions:	Score
<i>C1 - In the kitchen</i>	
1 Can you hold a bowl?	
2 Can you seize a full bottle and raise it?	
3 Can you hold a plate full of food?	
4 Can you pour liquid from a bottle into a glass?	
5 Can you unscrew the lid from a jar opened before?	
6 Can you cut meat with a knife?	
7 Can you prick things well with a fork?	
8 Can you peel fruit?	
<i>C2 - Dressing</i>	
9 Can you button your shirt?	
10 Can you open and close a zipper?	
<i>C3 - Hygiene</i>	
11 Can you squeeze a new tube of toothpaste?	
12 Can you hold a toothbrush efficiently?	
<i>C4 - In The Office</i>	
13 Can you write a short sentence with a pencil or ordinary pen?	
14 Can you write a letter with a pencil or ordinary pen?	
<i>C5 - Other</i>	
15 Can you turn around door knob?	
16 Can you cut a piece of paper with scissors?	
17 Can you pick up coins from a table top?	
18 Can you turn a key in a lock	
Total	

- 0: Yes, without difficulty
- 1: Yes, with a little difficulty
- 2: Yes, with some difficulty
- 3: Yes, with much difficulty
- 4: Nearly impossible to do
- 5: Impossible

Patient last name:

Patient first name:

Date of birth: / /

Date: / /