

## **ACTIVITIES OF DAILY LIVING**

How has your injury impacted your ability to fully live your life?

### **PHYSICAL FUNCTIONS**

Bending down  
Bending over  
Bending to side  
Climbing  
Crawling  
Crouching  
Drinking  
Eating  
Getting up from chair/bed  
Holding/grasping/gripping  
Jumping  
Kicking  
Lifting

Lifting from floor to waist  
Lifting heavy weights  
Lifting light weights  
Lifting moderate weights  
Lifting weights overhead  
Lying down  
Pulling  
Pushing  
Reaching overhead  
Scratching  
Sitting  
Smelling  
Squatting

Standing  
Standing on one foot  
Standing on tiptoe  
Stooping  
Stretching  
Tasting  
Touching toes  
Twisting  
Typing  
Walking  
Whistling

### **PERSONAL ACTIVITIES**

Applying deodorant  
Applying makeup  
Bathing  
Brushing teeth  
Brushing/Combing hair  
Buttons  
Chewing  
Cleaning ears  
Cutting food

Cutting nails  
Dressing - putting on/taking off pants/shoes/socks/shirt /bra/hat/jacket/sweater/etc.  
Drying hair  
Fastening jewelry  
Flossing  
Gargling  
Shampooing  
Shaving

Showering  
Straightening/Curling hair  
Swallowing  
Toilet  
Tying shoes  
Tying tie  
Writing  
Zippers

### **AT WORK**

I can do as much work as I want to.  
I can only do my usual work, but no more.  
I can do most of my usual work, but no more.  
I cannot do my usual work.  
I can hardly do any work at all.  
I cannot do any work at all.

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### **INSIDE THE HOME**

Baking (cookies, pie, cake)	Dicing	Polishing
Basting	Doing dishes	Pouring
Beating rugs	Dusting	Putting away dishes
Canning/ jarring	Folding laundry	Raising/lowering windows
Carrying hanging clothes	Frying	Scrubbing pans
Carrying laundry	Getting items from cabinets	Setting table
Carrying water	Grinding	Slicing
Chopping ice	Holding bowls	Stirring
Cleaning (general)	Holding pots/pans	Sweeping
Cleaning bathtub, sink, toilet	Inserting table leaves	Turning appliance knobs
Cleaning fans	Ironing	Using a wash line
Cleaning floors	Kneading dough	Using cookbook
Cleaning windows	Making beds	Using dishwasher
Climbing ladder	Mixing	Using freezer/oven
Cooking	Mopping	Vacuuming
Cutting	Opening jars/cans/bottles	Waxing floors

### **AROUND THE HOME**

Arranging flowers	Getting up on a roof	Putting up holiday decorations
Changing kitty litter	growing/digging/gardening	Putting up TV antenna
Changing light bulbs	Hammering	Raking & bagging leaves
Changing oil in car	Hanging curtains & blinds	Repairing windows
Changing smoke detector batteries	Hanging paintings	Sawing
Changing tires	Hooking up TV's, stereos, computers	Scraping walls
Chopping ice	Installing shelves	Setting clocks
Chopping wood	Installing smoke detectors	Shoveling snow
Cleaning gutters	Moving furniture	Spackling
Cleaning interior of car	Moving grass	Spraying
Cleaning pool	Mowing	Stacking firewood
Clearing brush & growth	Mulching	Starting a fire
Climbing a ladder	Painting	Taking out trash
Cutting down trees	Picking up clothes, toys, etc.	Tree trimming
Cutting hay	Planting flowers or shrubs	Using a chainsaw
Feeding pet	Pruning	Using a drill
Fertilizing	Pushing a wheelbarrow	Using a screwdriver
Filling bird-feeders	Putting & removing items from the attic or basement	Using a wrench
Fixing clogged toilet	Putting in antifreeze	Walking dog
Fixing driveway potholes	Putting in storm windows and screens	Washing car
Fixing leaks	Putting in/removing air conditioners	Watering lawn
Gardening		Weeding
Getting mail		Weedwhacking

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### **CHILDREN/GRANDCHILDREN**

Bathing	Dressing	Playing
Brushing teeth	Feeding	Pushing stroller
Carrying	Giving a bottle	Putting on shoulder
Carrying in backpack	Holding	Rocking
Changing diapers	Holding hands	Swinging
Chasing	Hugging	Taking to beach, movies, games, etc.
Coloring & painting	Kissing	Teaching athletic activities
Combing hair	Lifting	Tucking in
Cuddling	Lifting into and out of car seat	Twirling
Cutting/Drying hair	Packing lunches	Washing
Disciplining	Picking up after	Wrestling

### **RECREATIONAL**

Aerobics	Golf	Riflery
Archery	Gymnastics	Rollerblading
ATV riding	Handball	Roller-skating
Badminton	High jumping	Running
Baseball	Hiking	Sailing
Basketball	Horseback riding	Scuba diving
Biking	Horseshoes	Sewing
Billiards	Hunting	Sit-ups
Bird watching	Ice hockey	Sky-diving
Boating	Ice skating	Snorkeling
Boogie boarding	Jet skiing	Snowboarding
Bowling	Jogging	Snowmobiling
Bungee jumping	Kayaking	Snowshoeing
Camping	Knitting	Soccer
Canoeing	Martial Arts	Softball
Cheerleading	Model building	Squash
Chin-ups	Motorcycling	Stickball
Climbing	Paddleball	Street hockey
Collecting coins & stamps	Painting	Surfing
Cricket	Paragliding	Swimming
Crocheting	Photography	Tennis
Cross-country skiing	Pilates	Track & Field
Darts	Platform/Table tennis	Volleyball
Downhill skiing	Playing a musical instrument	Walking
Exercising	Push-ups	Weight lifting
Field hockey	Quoits	Windsurfing
Fishing	Racquetball	Wrestling
Football	Rafting	Yoga
Frisbee	Reading	

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I am able to engage in all my recreational activities with no pain at all.

I am able to engage in all my recreational activities with some pain.

I am able to engage in most, but not all my recreational activities because of pain.

I am able to engage in a few of my usual recreational activities because of pain.

I can hardly do any recreational activities because of pain.

I cannot do any recreational activities at all.

### **SOCIAL**

Antiquing

Attending religious services

Cruises

Dancing

Dining out

Driving car

Entertaining (at home)

Going to amusement parks  
(Disney)

Going to concerts, games,  
picnics, barbecues

Going to the flea markets

Going to the Library

Going to the movies

Going to the Museum

Going to a Parade

Going to parties

Going to the beach

Going to the Zoo

Holiday Celebration:

Christmas

Easter

Father's Day

Halloween

Hanukkah

Independence Day

Labor Day

Memorial Day

Mother's Day

New Year's Day

New Year's Eve

Passover

Rosh Hashanah

Yom Kippur

Listening to music

Meeting new people

Reading

Riding amusement park rides

Shopping

Sightseeing

Singing

Traveling

Vacations

Visiting family

Visiting friends

Visiting historic sites

Walking

### **PERSONAL/EMOTIONAL**

Aggression

Anger

Anxiety

Can't find right word

Caressing

Concentration

Confusion

Delay

Depression

Embarrassment

Fear

Feeling attractive

Flirting

Hearing loss

Hugging

Humiliation

Impotence

Insecurity

Irritability

Isolation

Kissing

Lack of coordination

Lack of sexual interest

Loneliness

Massaging

Memory loss

Nightmares

Obsessed

Paranoia

Phobias

Preoccupied

Scarring

Self-doubt

Sexual activities

Short temper

Spelling problems

Suicidal

Sweats

Touching

Vertigo (balance problems)

Visual problems

Worried

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### **READING**

I can read as much as I want to with no pain.  
I can read but not as much as I would like to.  
I cannot read at all because of my pain.

### **SLEEPING**

I have no trouble sleeping.  
My sleep is slightly disturbed (less than 1 hour sleepless).  
My sleep is mildly disturbed (1-2 hours sleepless).  
My sleep is moderately disturbed (2-3 sleepless).  
My sleep is greatly disturbed (3-5 hours sleepless).  
My sleep is completely disturbed (5-7 hours sleepless).

### **MISCELLANEOUS**

Carrying a briefcase	Holding a book, news-paper or magazine	Turning lights on/off
Carrying a purse	Keyboarding	Use a cane
Carrying groceries	Kneeling in church	Using a remote control
Carrying luggage	Pumping gas	Using crutches
Carrying umbrella	Putting on, wearing & taking off boots	Using Dictaphone
Feeding a pet	Setting a watch	Using telephone
Getting in/out of car	Sleeping	Walking on ice/uneven surfaces
Getting up early	Staying up late	Wearing heels
Going down slide	Trying on clothes	Wrapping presents
Grooming pet		
Holding a mug		

### **INTENSITY/FREQUENCY OF PAIN**

I have pain once in a while and it is relatively mild when I feel it.  
I have pain once in a while but it is severe.  
I have pain fairly frequently and it is relatively mild when I feel it.  
I have pain fairly frequently and it is severe.  
I have pain daily or almost daily and it relatively mild when I feel it.  
I have pain daily or almost daily and it is severe.