



Upper Extremity Residual Functional Capacity

FINGERING: Picking, pinching, or otherwise working primarily with fingers rather than with the whole hand or arm as in handling.

	Right	Left								

Estimate the time in an 8-hour work day claimant can use hands/fingers/arms for the following activities:

	Right	Left								
Simple Grasping										
Fine Manipulation										
Repetitive activities										

If one upper extremity is affected will claimant likely use the uninjured extremity to guard, assist, and massage or rub the injured extremity to relieve pain and discomfort?  Yes  No

Can use HANDS for repetitive and competitive work for such activities as: (Estimate capacity for each activity)

	(# of hours in an 8-hour day)								Duration (# of continuous minutes)								
	<1	1	2	3	4	5	6	7	8	<5 min	5-10	11-15	16-20	21-30	31-45	46-60	Other
Write																	
Keyboard																	
Mouse																	

NECK/HEAD/CERVICAL REGION for repetitive actions such as: (check capacity for each activity)

Physical Activity	(# of hours in an 8-hour day)								Duration/Tolerance minutes								
	<1	1	2	3	4	5	6	7	8	<5 min	5-10	11-15	16-20	21-30	31-45	46-60	Other
Neck Flexion/ Extension																	
Neck Rotation																	

**FINE MANIPULATION**

What degree of pain, if any, will claimant experience when performing *competitive* work requiring fine manipulation and/or fine dexterity with the affected upper extremity(ies)?  Mild  Slight  Moderate  Severe  Other:

**GROSS MANIPULATION**

What degree of pain, if any, will the claimant experiences when performing *competitive* work requiring gross manipulation with the affected upper extremity (ies)?  Mild  Slight  Moderate  Severe  Other:

**EXERTIONAL PHYSICAL DEMANDS: (SIT, STAND, WALK)**

How many hours of a work day, 8 hours or otherwise, can claimant be expected to sustain competitive work:

	<1	1	2	3	4	5	6	7	8
Sit									
Stand									
Walk									
Drive									

**EXERTIONAL PHYSICAL DEMANDS: (LIFT, CARRY, PUSH AND PULL)**

	<b>LIFT with RIGHT</b>				
	Not at all	Rarely 1-5% day	Occasionally up to 1/3 <sup>rd</sup> day	Frequently 1/3 <sup>rd</sup> to 2/3 <sup>rd</sup> day	Continuously 2/3 <sup>rd</sup> day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					
26-50 pounds					
	<b>LIFT with LEFT</b>				
	Not at all	Rarely 1-5% day	Occasionally up to 1/3 <sup>rd</sup> day	Frequently 1/3 <sup>rd</sup> to 2/3 <sup>rd</sup> day	Continuously 2/3 <sup>rd</sup> day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					
26-50 pounds					
	<b>CARRY with RIGHT</b>				
	Not at all	Rarely 1-5% day	Occasionally up to 1/3 <sup>rd</sup> day	Frequently 1/3 <sup>rd</sup> to 2/3 <sup>rd</sup> day	Continuously 2/3 <sup>rd</sup> day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					
26-50 pounds					
	<b>CARRY with LEFT</b>				
	Not at all	Rarely 1-5% day	Occasionally up to 1/3 <sup>rd</sup> day	Frequently 1/3 <sup>rd</sup> to 2/3 <sup>rd</sup> day	Continuously 2/3 <sup>rd</sup> day or more
< 10 pounds					
10 pounds					
11-20 pounds					
21-25 pounds					
26-50 pounds					
	<b>PUSH/PULL</b>				
	Not at all	Rarely 1-5% day	Occasionally up to 1/3 <sup>rd</sup> day	Frequently 1/3 <sup>rd</sup> to 2/3 <sup>rd</sup> day	Continuously 2/3 <sup>rd</sup> day or more
< 10 pounds					
10 pounds					

11-20 pounds					
21-25 pounds					
26-50 pounds					

**NON-EXERTIONAL PHYSICAL DEMANDS**

	<b>Not at all</b>	<b>Rare</b> 1-5% day	<b>Occasionally</b> up to 1/3 <sup>rd</sup> day	<b>Frequently</b> 1/3 <sup>rd</sup> to 2/3 <sup>rd</sup> day	<b>Continuously</b> 2/3 <sup>rd</sup> day or more
<b>Climb Ladders</b>					
<b>Climb Stairs</b>					
<b>Balance</b>					
<b>Kneel</b>					
<b>Stoop</b>					
<b>Crouch</b>					
<b>Crawl</b>					
<b>Feeling</b>					

**Claimant is restricted from activities involving: (check capacity for each activity)**

	Restricted	Unrestricted	Comments
<b>Hazards (moving machinery, heights)</b>			
<b>Driving Automotive Equipment</b>			
<b>Changes in Temperature</b>			
<b>Extreme heat</b>			
<b>Extreme cold</b>			
<b>Humidity</b>			
<b>Wetness</b>			
<b>Vibration</b>			

**REASONABLE ACTIVITIES TO CONTROL AND/OR RELIEVE PAIN**

What is the most effective manner for claimant to control or manage his/her pain?									
<input type="checkbox"/> Take Medications <input type="checkbox"/> Apply TENS Unit <input type="checkbox"/> Lie Down <input type="checkbox"/> Recline			<input type="checkbox"/> Apply hot/cold packs <input type="checkbox"/> Alternate positions <input type="checkbox"/> Avoid prolonged activities <input type="checkbox"/> Use of supports				<input type="checkbox"/> Rest <input type="checkbox"/> Avoid offending activities Other:		
Allowance to alternate positions:									
A. Will claimant need an allowance to alternate positions at will?						Yes <input type="checkbox"/>	No <input type="checkbox"/>	Comments:	
B. Will the allowance to alternate positions include the ability to sit, stand, and walk even if only a few steps and/or stretch?						Yes <input type="checkbox"/>	No <input type="checkbox"/>		
C. Please estimate the number of minutes and/or hours claimant can sit, stand, or walk <i>at one time without interruption</i> before needing to alternate or change positions:									
Minutes/hours	<5	Up to 5min	Up to 10min	Up to 15min	Up to 20min	Up to 30min	Up to 45min	Up to 1 hour without a break	Up to 2 hours without a break
<b>Sitting</b>									
<b>Walking</b>									
<b>Standing</b>									

D. Please estimate the length of time needed before claimant can resume sitting, standing and walking					
	<1 min	Up to 5 min	Up to 10 min	Up to 15 min	Other:
<b>Sitting</b>					Other:
<b>Walking</b>					Other:
<b>Standing</b>					Other:

**LIE DOWN/RECLINE**

Is there a reasonable medical probability that claimant will need to take lie down or recline from work activity during the workday to relieve or control pain?  Yes  No  Other:

If claimant needs to lie down or recline to relieve or control pain can you estimate for how *often* and for *how long* he or she may have to do so? About \_\_\_\_\_ minutes; every \_\_\_\_\_ hour(s)

**UNSCHEDULED BREAKS**

Is there a reasonable medical probability that claimant will need to take unscheduled breaks during the workday?  Yes  No  Other:

If claimant needs to take unscheduled breaks to relieve or control pain can you estimate how *often* and for how long he or she may have to do so? About \_\_\_\_\_ minutes; every \_\_\_\_\_ hour(s)

How often during a typical workday will claimant experience fatigue or other symptom severe enough to interfere with **attention and concentration** needed to perform even simple work tasks because of the combination of impairments?

<b>Not at all</b>	<b>Rare</b> 1-5% day	<b>Occasionally</b> up to 1/3 <sup>rd</sup> day	<b>Frequently</b> 1/3 <sup>rd</sup> to 2/3 <sup>rd</sup> day	<b>Continuously</b> 2/3 <sup>rd</sup> day or more
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How often during a typical workday will the combination of claimant’s impairments interfere with an ability to perform **sustained and competitive work**?

<b>Not at all</b>	<b>Rare</b> 1-5% day	<b>Occasionally</b> up to 1/3 <sup>rd</sup> day	<b>Frequently</b> 1/3 <sup>rd</sup> to 2/3 <sup>rd</sup> day	<b>Continuously</b> 2/3 <sup>rd</sup> day or more
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To what degree can claimant tolerate **work stress** as a result of the medical condition(s)?

Examples of factors that may precipitate work related stress: maintaining speed; precision; persistence and pace; complexity; meeting deadlines; working within a schedule; making decisions; exercising independent judgment; completing tasks; getting to work regularly; remaining at work for a full day.

<input type="checkbox"/> Incapable of “low stress” jobs	<input type="checkbox"/> Capable of low stress jobs
<input type="checkbox"/> Moderate stress is okay	<input type="checkbox"/> Capable of high stress work

Will claimant’s impairments likely to produce “good days” and “bad days”?  Yes  No  Other:

If yes, please estimate, on average, how many days per month claimant is likely to be absent from work as a result of the impairments or treatment?

<input type="checkbox"/> Never	<input type="checkbox"/> About three days per month
<input type="checkbox"/> About one day per month	<input type="checkbox"/> About four days per month
<input type="checkbox"/> About two days per month	<input type="checkbox"/> More than four days per month

I declare under penalty of perjury that the information contained in this report and its attachments, if any, is true and correct to the best of my knowledge and belief, except as to information that I have indicated I received from others. As to that information, I declare under penalty of perjury that the report accurately describes the information provided to me and except as noted herein, that I believe it to be true. I also declare under the perjury that this physician has no violated section 139.3 of the Labor Code.

Upper Extremity Residual Functional Capacity

My opinions are expressed to a degree of medical probability, unless otherwise stated.

Signature of Physician \_\_\_\_\_ Date \_\_\_\_\_

Additional Comments: \_\_\_\_\_