Dear Patient,

On the following pages you will find some pictures designed to measure the extent of movement in your elbow and forearm. Based on the pictures, please answer as accurately as possible for **BOTH** elbows and forearms.

**Thank you for your cooperation!**

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**Patient data:**

Name: 
Date of birth: 

**Please tick as appropriate:**

Elbow affected (or elbow currently being treated):
Right □
Left □

Are you:
Right-handed? □
Left-handed? □
QUESTIONNAIRE
ELBOW

Please tick under **EACH** picture for **BOTH** sides if you are able to perform the elbow movement as shown.

- **full extension, 0°**
  - Right
  - Left

- **10° flexion**
  - Right
  - Left

- **20° flexion**
  - Right
  - Left

- **30° flexion**
  - Right
  - Left

- **40° flexion**
  - Right
  - Left

- **50° flexion**
  - Right
  - Left

- **60° flexion**
  - Right
  - Left

- **70° flexion**
  - Right
  - Left

- **80° flexion**
  - Right
  - Left
QUESTIONNAIRE  ELBOW

Please tick under EACH picture for BOTH sides if you are able to perform the elbow movement as shown.

90° flexion
Right □
Left □

100° flexion
Right □
Left □

110° flexion
Right □
Left □

120° flexion
Right □
Left □

130° flexion
Right □
Left □

≥ 140° flexion
Right □
Left □

Comments:
QUESTIONNAIRE

FOREARM

Please tick under EACH picture for BOTH forearms if you are able to perform the movement as shown. Proceed as follows:
1) Hold your arm close to your side. 2) Bend your elbow at a right angle.

Outward and inward rotation of the forearm:

- ≥90° outward rotation
- 70° outward rotation
- 50° outward rotation
- 30° outward rotation
- 10° outward rotation
- Straight, no rotation
QUESTIONNAIRE  

FOREARM

Please tick under EACH picture for BOTH forearms if you are able to perform the movement as shown. Proceed as follows:
1) Hold your arm close to your side. 2) Bend your elbow at a right angle.

10° inward rotation
Right
Left

30° inward rotation
Right
Left

50° inward rotation
Right
Left

≥70° inward rotation
Right
Left

Comments: