

Hand Function Test

081194679

The Jamar Hand Function Test is a seven-part, timed diagnostic test to determine the level of hand function. The seven subjects include:

- Writing
- Stacking
- Simulating page turning
- Lifting large, lightweight objects
- Lifting small objects
- Lifting large, heavy objects
- Simulated feeding

The “Procedure” and “Verbal Instructions” portion of each subtest can be photocopied and cut to fit 3”x 5” note cards.

Instructions

1. The key to proper administration of the Jamar Hand Function Test is consistency. In order to ensure accurate results, each subtest must be reproduced exactly as described in these directions.
2. All tests should be performed with the subject seated at an appropriate height table, in a comfortable chair, with adequate lighting.
3. Subtests must be administered using standardized verbal instructions. All tests should be performed with the non-dominant hand first, followed by the dominant hand. Identify which hand is dominant and non-dominant in order to insert proper “left” or “right” hand commands where needed.
4. Before each test is performed, make certain the subject understands the instructions completely.
5. Each test must be timed. Included with the test is a stopwatch and all materials needed to perform each test. (Book stand not included).

Contents

Board	Bottle Caps x6	Paper 8½” x 11” x50
Clamp	Paper Clips x12	Sentence Cards 5” x 8” x4
Stopwatch	Pennies x5	Notecards 3” x 5” x50
Masking Tape	Checkers x8	Record Pad
Clipboard	Kidney Beans x20	Pens x4
Canvas Bag	Teaspoons x2	
Coffee Can	Empty Cans x5	
	Weighted Cans x5	

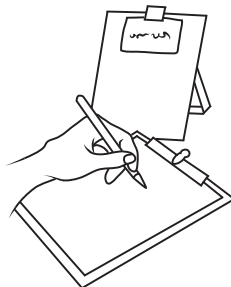
Writing

Procedure

Give the client a ball-point pen and four 8½"x 11" sheets of unruled white paper fastened, one on top of the other, to a clipboard. The sentence to be copied has 24 letters and is of third grade reading difficulty. The sentence is typed in all capital letters and centered on a 5"x 8" index card. Present the card with the typed side face down on a bookstand. After the articles are arranged to the comfort of the subject (see verbal instructions), turn the card and give an immediate command to begin. Time from the word "go" until the pen is lifted from the page at the end of the sentence. Repeat subtest with the dominant hand using a new sentence.

Subtest

1



Arrangement for left hand

Writing

Verbal Instructions

Non-Dominant Hand

"Do you require glasses for reading? If so, put them on. Take this pen in your _____ hand and arrange everything so that it is comfortable for you to write with your _____ hand. On the other side of this card (indicate) is a sentence. When I turn this card over and say "go", write the sentence as quickly and clearly as you can using your _____ hand. Write...do not print. Do you understand? Ready? Go."

Dominant Hand

"All right, now repeat the same thing, only this time use your _____ hand. I'll give you a different sentence. Are you ready? Go."

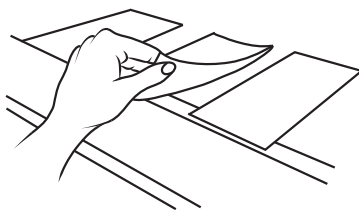
Simulated Page Turning

Procedure

Place five 3"x 5" index cards, ruled on one side only, in a horizontal row two inches apart on the table on front of the subject. Each card is oriented vertically, 5" from the front edge of the table. The distance is indicated on the side edge of the table with a piece of tape. Time from the word "go" until the last card is turned over. No accuracy of placement after turning is necessary. Repeat subtest with the dominant hand.

Subtest

2



Arrangement for left hand

Simulated Page Turning

Verbal
Instructions

Non-Dominant Hand

"Place your _____ hand on the table please. When I say "go", use your _____ hand to turn these cards over one at a time as quickly as you can, beginning with this card (indicate card to extreme dominant side). You may turn them over in any way you wish and they need not be in a neat pattern when you finish. Do you understand? Ready? Go."

Dominant Hand

"Now repeat the same thing with the _____ hand beginning with this card (indicate card to the extreme non-dominant side). Ready? Go."

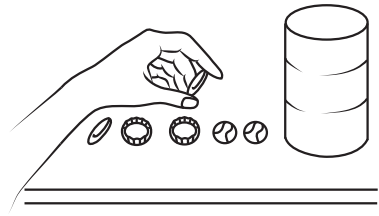
Lifting Small Common Objects

Procedure

Place an empty 1-lb. coffee can directly in front of the subject, 5" from the front edge of the table. Place two 1" paper clips (oriented vertically), two regular-sized bottle caps (each 1" in diameter, placed with the inside of the cap facing up), and two U.S. pennies in a horizontal row to the non-dominant side of the can. The paper clips are the farthest and the pennies nearest the can. The objects are 2" apart. Time from the word "go" until the sound of the last object striking the inside of the can is heard. Repeat subtest with the dominant hand. The layout for the dominant hand is a mirror image of one described, with the objects placed on the dominant hand side of the can.

Subtest

3



Arrangement for left hand

Lifting Small Common Objects

Verbal
Instructions

Non-Dominant Hand

"Place your _____ hand on the table please. When I say "go", use your _____ hand to pick up these objects one at a time and place them in the can as fast as you can beginning with this one (indicate paper clip on the extreme non-dominant side). Do you understand? Ready? Go."

Dominant Hand

"Now repeat the same thing with the _____ hand beginning here (indicate paper clip on the extreme dominant side). Ready? Go."

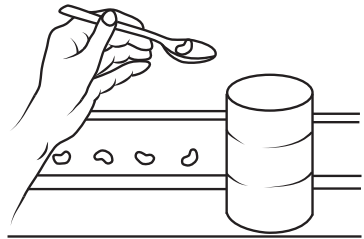
Simulated Feeding

Procedure

Clamp board 5" from the front edge of the table. Place 5 kidney beans of approximately 5/8" length on a board. The beans are oriented to the non-dominant side of the center, parallel to and touching the upright of the board 2" apart. Place an empty 1-lb. coffee can centrally in front of the board. A regular teaspoon is provided. Time from the word "go" until the last bean is heard hitting the bottom of the can. Repeat subtest with the dominant hand, the beans being placed to the dominant hand side of the center.

Subtest

4



Arrangement for left hand

Simulated Feeding

Verbal Instructions

Non-Dominant Hand

"Take the teaspoon in your _____ hand please. When I say "go", use your _____ hand to pick up these beans one at a time with the teaspoon and place them in the can as fast as you can beginning with this one (indicate bean on the extreme non-dominant side).

Do you understand? Ready? Go."

Dominant Hand

"Now repeat the same thing with the _____ hand beginning here (indicate bean on the extreme dominant side). Ready? Go."

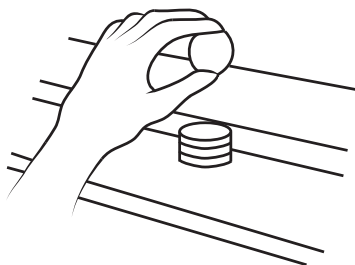
Stacking Checkers

Procedure

Place four standard sized ($1\frac{1}{4}$ " diameter) red wooden checkers in front of the subject, touching a board clamped 5" from the front edge of the table. The checkers are oriented two on each side of the center in OOOO configuration. Time from the word "go" until the fourth checker makes contact with the third checker. The fourth checker need not stay in place. Repeat subtest with the dominant hand.

Subtest

5



Arrangement for left hand

Stacking Checkers

Verbal
Instructions

Non-Dominant Hand

"Please place your _____ hand on the table. When I say "go", use your _____ hand to stack these checkers on the board in front of you as fast as you can like this, one on top of the other (demonstrate). You may begin with any checker. Do you understand? Ready? Go."

Dominant Hand

"Now repeat the same thing with the _____ hand. Ready? Go."

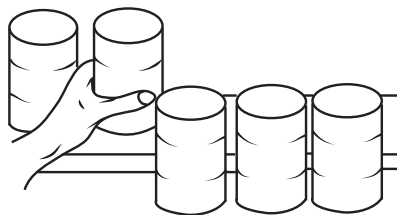
Lifting Large, Light Objects

Procedure

Clamp a board 5" from the front edge of the table. Place five empty #303 cans in front of the board. These cans are spaced 2" apart with the open end of the can facing down. Time from the word "go" until the fifth can has been released. Repeat subtest with the dominant hand.

Subtest

6



Arrangement for left hand

Lifting Large, Light Objects

Verbal
Instructions

Non-Dominant Hand

"Please place your _____ hand on the table. When I say "go", use your _____ hand to stand these cans on the board in front of you, like this (demonstrate). Begin with this one (indicate can on extreme non-dominant side). Do you understand? Ready? Go."

Dominant Hand

"Now repeat the same thing with the _____ hand beginning here (indicate can on extreme dominant side). Ready? Go."

Lifting Large, Heavy Objects

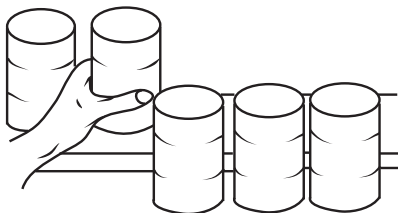
Procedure

Clamp a board 5" from the front edge of the table. Place five full 1-lb. #303 cans in front of the board. These cans are spaced 2" apart. Time from the word "go" until the fifth can has been released. Repeat subtest with the dominant hand.

Note: The 1-lb. cans may need to be replaced after 36 months if dented or rusting.

Subtest

7



Arrangement for left hand

Lifting Large, Heavy Objects

Verbal
Instructions

Non-Dominant Hand

"Now do the same thing with these heavier cans. Place your _____ hand on the table. When I say "go", use your _____ hand to stand these cans on the board as fast as you can. Begin here (indicating can on extreme non-dominant side). Do you understand? Ready? Go."

Dominant Hand

"Now repeat the same thing with the _____ hand beginning here (indicate can on extreme dominant side). Ready? Go."