

Manual Ability Measurement, MAM-36

Please choose one response regarding how easy or how hard it is for you to perform the following tasks, regardless which hand being used and without using assistive devices.

Easy (4)= I can do the activity without any problem.

A little hard (3)= I usually do the task myself, although it takes longer or more effort now than before (i.e., before the current diagnosis/condition/disability). Sometimes, there is pain or discomfort when I do the task.

Very hard (2)= It is very hard for me to do the task and I usually ask others to do it for me unless no one is around.

Cannot do (1)= I am unable to do the task all by myself.

Almost never do (0)= I have not or almost will never do the task, even though I think I can do it.

- () Eat a sandwich.
- () Drink a glass of water.
- () Pick up a half full water pitcher.
- () Use a spoon or fork.
- () Butter bread (Put butter or jam on the bread).
- () Cut meat on a plate with a knife.
- () Squeeze toothpaste.
- () Brush teeth.
- () Brush or comb hair.
- () Wash hands.
- () Wring a towel.
- () Zip pants.
- () Zip a jacket.
- () Button clothes.
- () Fasten a clothes snap or hook.
- () Cut nails with a nail clipper.
- () Tie shoes with laces.
- () Use a remote control.
- () Key in telephone numbers.
- () Turn door knob to open a door.
- () Turn key to open a lock.
- () Carry a shopping bag with a hand loop.
- () Open a previously opened wide-mouth jar (jam, pickle).
- () Open a previously unopened carton box (milk or cereal).

- () Pour liquid from a bottle into a glass.
- () Open a medication bottle with child-proof top.
- () Open an envelop without a letter opener
- () Peel vegetables or fruits.
- () Count/handle money (bills and coins).
- () Take things out of a wallet (bills, papers, credit cards).
- () Write 3 to 4 sentences legibly.
- () Turn pages of a book.
- () Shuffle and deal cards.
- () Use a hammer or screwdriver.
- () Fold clothes after laundering.
- () Take a CD/DVD out of its case and put it into a player/drive.

Internal agreements

- The MAM-36 is preferably handed to patient for self-completion; if impossible administer the questionnaire by interview.
- Item 30: take things out of a wallet (bills, papers, credit cards): examples of papers are driver's license, identity card, ...
- Item 11: a towel may also be washcloth, floor cloth, cleaning cloth, ...