

## FUNCTIONAL CAPACITY CHECKLIST

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### CONFIDENTIAL

Return the completed form to:

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Client's Name \_\_\_\_\_ Date Completed \_\_\_\_\_

Prepared by: \_\_\_\_\_

For each of the activities listed below, choose one of the following responses that best describes your current physical condition as compared to before the accident.

- ( 0 ) Did not do activity prior to accident or I don't know.
- ( 1 ) No change.
- ( 2 ) A little more difficult to do.
- ( 3 ) Can be done but only with some pain.
- ( 4 ) Very difficult to do.
- ( 5 ) Impossible to do or can be done with great pain.

Rate	Physical Activity
_____	Standing, moving your feet occasionally, as you would if you were waiting in line.
_____	Standing while holding something, like a tool.
_____	Standing in one spot, reaching with your arms and hands and bending slightly from t
_____	Standing, moving several feet, then standing again.
_____	Standing with your feet in one spot, moving your arms and hands.
_____	Standing, shifting your position, then continuing to stand for several minutes
_____	Standing while holding on to something to the front or side of you.
_____	Standing, reaching up, as to use a tool above your head.
_____	Standing while writing on a flat surface at chest level.
_____	Standing, looking up, with head tilted slightly back.
_____	Standing without shifting position for several minutes.
_____	Standing while writing on a clipboard.
_____	Sitting on a soft surface that moves, like a car or truck seat.
_____	Sitting comfortably for more than a few minutes in a room that is cold.
_____	Sitting comfortably for more than a few minutes in a room that is very warm.
_____	Sitting on a firm chair without moving much, as in a waiting room.
_____	Moving your arms, hands and upper body, as you would when you are working on something while you are sitting in a soft chair.
_____	Moving your arms, hands and upper body, as you would when you are

working on something while you are sitting in a firm chair.

\_\_\_\_\_ Sitting for more than several minutes on a firm surface that moves, like the seat of a crane or tractor.

\_\_\_\_\_ Sitting in a comfortable chair, without moving much, to watch a movie or television.

\_\_\_\_\_ Sitting down in a firm chair.

\_\_\_\_\_ Sitting down in a soft chair.

\_\_\_\_\_ Sitting, bending to pick something up from the floor while in a firm chair.

\_\_\_\_\_ Sitting, bending to pick something up from the floor while in a soft chair.

\_\_\_\_\_ Sitting, bending your neck to look down, as you would to work on a flat surface.

\_\_\_\_\_ Sitting, looking up, with head tilted slightly back.

\_\_\_\_\_ Sitting, looking straight ahead or from side to side.

\_\_\_\_\_ Walking short distances (several yards) within your own residence.

\_\_\_\_\_ Walking short distances (several yards) over smooth ground outdoors.

\_\_\_\_\_ Walking short distances (several yards) over uneven ground.

\_\_\_\_\_ Walking short distances (several yards) on gravel.

\_\_\_\_\_ Walking short distances (several yards) on pavement.

\_\_\_\_\_ Walking short distances (several yards) up a ramp.

\_\_\_\_\_ Walking short distances (several yards) down a ramp.

\_\_\_\_\_ Walking moderate distances (several hundred yards) over smooth ground outdoors.

\_\_\_\_\_ Walking moderate distances (several hundred yards) over uneven ground.

\_\_\_\_\_ Walking moderate distances (several hundred yards) on gravel.

- \_\_\_\_\_ Walking moderate distances (several hundred yards) on pavement.
- \_\_\_\_\_ Walking long distances (a mile or more) over pavement.
- \_\_\_\_\_ Walking long distances (a mile or more) over uneven ground.
- \_\_\_\_\_ Walking long distances (a mile or more) uphill or downhill.
- \_\_\_\_\_ Lifting relatively heavy objects (like a small child, a chair. or a portable television set) from the floor.
- \_\_\_\_\_ Lifting relatively heavy objects (like a small child, a chair. or a portable television set) from waist level.
- \_\_\_\_\_ Lifting relatively heavy objects (like a small child, a chair. or a portable television set) up above your head (lifting up).
- \_\_\_\_\_ Lifting relatively heavy objects (like a small child, a chair. or a portable television set) from above your head (lifting down).
- \_\_\_\_\_ Lifting objects of moderate weight (like a sack of groceries, a tool kit, a full laundry basket or a stack of books) from the floor.
- \_\_\_\_\_ Lifting objects of moderate weight (like a sack of groceries, a tool kit, a full laundry basket or a stack of books) from waist floor.
- \_\_\_\_\_ Lifting objects of moderate weight (like a sack of groceries, a tool kit, a full laundry basket or a stack of books) up above your head (lifting up).
- \_\_\_\_\_ Lifting objects of moderate weight (like a sack of groceries, a tool kit, a full laundry basket or a stack of books) up above your head (lifting down).
- \_\_\_\_\_ Lifting objects of relatively light weight (like a telephone, or a briefcase) from the floor.
- \_\_\_\_\_ Lifting objects of relatively light weight (like a telephone, or a briefcase) from waist level.
- \_\_\_\_\_ Lifting objects of relatively light weight (like a telephone, or a briefcase) up above head level.
- \_\_\_\_\_ Lifting objects of relatively light weight (like a telephone, or a briefcase) from above your head (lifting down).

- \_\_\_\_\_ Lifting very heavy objects (over 50 lbs.) from the floor.
- \_\_\_\_\_ Lifting very heavy objects (over 50 lbs.) from waist level.
- \_\_\_\_\_ Lifting very heavy objects (over 50 lbs.) up above your head (lifting up)
- \_\_\_\_\_ Lifting very heavy objects (over 50 lbs.) from above your head (lifting down)
- \_\_\_\_\_ Carrying moderately heavy objects for short distances (like carrying a full laundry basket to a washing machine).
- \_\_\_\_\_ Carrying very heavy objects (over 50 lbs.) for short distances.
- \_\_\_\_\_ Carrying relatively heavy objects for short distances (like carrying a chair or portable television from one room to another).
- \_\_\_\_\_ Carrying relatively light objects for short distances (like carrying garbage to garbage pail or dumpster).
- \_\_\_\_\_ Pushing open a door with a knob (as in your own residence).
- \_\_\_\_\_ Pushing open a door with no knob (as in a public restroom).
- \_\_\_\_\_ Pushing a cork into a bottle.
- \_\_\_\_\_ Pushing an object of moderately heavy weight, like a loaded shopping cart
- \_\_\_\_\_ Pushing a heavy object, like a sofa, bed or other large piece of furniture.
- \_\_\_\_\_ Pulling a stopper out of a bottle.
- \_\_\_\_\_ Pulling open a door with a handle, like in a public place.
- \_\_\_\_\_ Pulling open a door with a knob, like in your house.
- \_\_\_\_\_ Pulling an object of moderately heavy weight, like a door that is stuck
- \_\_\_\_\_ Pulling a heavy object, like a sofa, bed or other large piece of furniture.
- \_\_\_\_\_ Climbing steps going up.

- \_\_\_\_\_ Climbing steps going down.
- \_\_\_\_\_ When climbing up or down, grasping handrail with your right hand.
- \_\_\_\_\_ When climbing up or down, grasping handrail with your left hand.
- \_\_\_\_\_ Climbing stairs (6 to 20) within a building going up.
- \_\_\_\_\_ Climbing stairs (6 to 20) within a building going down.
- \_\_\_\_\_ Climbing a ladder indoors (5 steps or less).
- \_\_\_\_\_ Climbing a ladder outdoors (more than 5 steps).
- \_\_\_\_\_ Getting on a bus.
- \_\_\_\_\_ Getting off a bus.
- \_\_\_\_\_ Balancing on flat, small surface several inches from the ground, like a stool.
- \_\_\_\_\_ Balancing on a flat, large surface several feet from the ground, like a platform.
- \_\_\_\_\_ Balancing on an unsteady, large surface, like scaffolding.
- \_\_\_\_\_ Changing a lightbulb in a ceiling fixture.
- \_\_\_\_\_ Balancing on unsteady, small surface, like the top of a ladder.
- \_\_\_\_\_ Bending from your waist from a standing position, to pick up something from the floor with your right arm.
- \_\_\_\_\_ Bending from your waist from a standing position, to pick up something from the floor with your left arm.
- \_\_\_\_\_ Bending over, using both hands to put on shoes with laces while you are standing up.
- \_\_\_\_\_ Bending over, using both hands to put on shoes with laces while you are sitting down.
- \_\_\_\_\_ Stooping for more than several minutes while working with your arms or hands.

- \_\_\_\_\_ Bending at the waist, as you would to lift under something.
- \_\_\_\_\_ Stooping, bending your knees, to pick up an object from the floor using your right hand.
- \_\_\_\_\_ Stooping, bending your knees, to pick up an object from the floor using your left hand.
- \_\_\_\_\_ Kneeling on a hard surface for several minutes.
- \_\_\_\_\_ Kneeling on the floor, moving your hands, arms and shoulders, as you would if you were working on something in front of you.
- \_\_\_\_\_ Getting out of or into a car as a passenger.
- \_\_\_\_\_ Getting up from a firm chair.
- \_\_\_\_\_ Getting up from a soft chair.
- \_\_\_\_\_ Crawling under a table, as you would to pick up something.
- \_\_\_\_\_ Reaching for an object above your head with your right arm.
- \_\_\_\_\_ Reaching for an object above your head with your left arm.
- \_\_\_\_\_ Reaching for an object at shoulder level with your right arm.
- \_\_\_\_\_ Reaching for an object at shoulder level with your left arm.
- \_\_\_\_\_ Reaching for an object at eye level with your right arm.
- \_\_\_\_\_ Reaching for an object at eye level with your left arm.
- \_\_\_\_\_ Reaching for an object at waist level with your right arm.
- \_\_\_\_\_ Reaching for an object at waist level with your left arm.
- \_\_\_\_\_ Picking up and holding a pen or pencil.
- \_\_\_\_\_ Picking up and holding a knife, fork or spoon.
- \_\_\_\_\_ Picking up and holding a hairbrush or comb.

- \_\_\_\_\_ Picking up and holding your house or car keys.
- \_\_\_\_\_ Using a screwdriver.
- \_\_\_\_\_ Using pliers.
- \_\_\_\_\_ Using a hammer.
- \_\_\_\_\_ Unlocking and opening a car door.
- \_\_\_\_\_ Unlocking and opening a door to your residence.
- \_\_\_\_\_ Screwing a lid off a jar.
- \_\_\_\_\_ Screwing on lids of jars.
- \_\_\_\_\_ Opening a mailbox.
- \_\_\_\_\_ Selecting proper coin from within your pocket.
- \_\_\_\_\_ Feeling different surfaces with your fingers.
- \_\_\_\_\_ Detecting differences in surfaces with your feet.
- \_\_\_\_\_ Picking up and holding stamps (loose).
- \_\_\_\_\_ Picking up and holding coins.
- \_\_\_\_\_ Depositing coins in a pay telephone.
- \_\_\_\_\_ Opening your purse or wallet and taking out paper money.
- \_\_\_\_\_ Using safety pins.
- \_\_\_\_\_ Signing your name.
- \_\_\_\_\_ Dialing a telephone.
- \_\_\_\_\_ Opening mail.
- \_\_\_\_\_ Writing a letter by hand.

- \_\_\_\_\_ Focusing your eyes on reading material for an hour or more at eye level.
- \_\_\_\_\_ Focusing your eyes on reading material for an hour or more below eye level.
- \_\_\_\_\_ Focusing your eyes on reading material for an hour or more above eye level.
- \_\_\_\_\_ Performing your daily activities without getting tired too fast.
- \_\_\_\_\_ Being in a room for more than a few minutes where many people are smoking.
- \_\_\_\_\_ Being in a room for more than a few minutes where there is much dust in the air.
- \_\_\_\_\_ Being in a room for more than a few minutes where there are drafts.
- \_\_\_\_\_ Spending more than a few minutes reading material which is resting on a table so that you must look down to read it.
- \_\_\_\_\_ While you are standing up, putting on shirt/dress.
- \_\_\_\_\_ While you are standing up, putting on pants.
- \_\_\_\_\_ While you are standing up, putting on socks.
- \_\_\_\_\_ While you are standing up, putting on slip on shoes.
- \_\_\_\_\_ While you are standing up, putting on underwear.
- \_\_\_\_\_ While you are standing up, putting on jewelry.
- \_\_\_\_\_ While you are standing up, putting on makeup.
- \_\_\_\_\_ Driving a car.
- \_\_\_\_\_ Getting into or out of bed without help.
- \_\_\_\_\_ Washing your hair.
- \_\_\_\_\_ Dressing or undressing, using buttons.
- \_\_\_\_\_ Dressing or undressing, using zippers.

- \_\_\_\_\_ Showering/bathing.
- \_\_\_\_\_ Fastening a button or hook behind your back.
- \_\_\_\_\_ Talking to a person who is in the same room with you for more than a few minutes.
- \_\_\_\_\_ Hearing a person who is speaking to you in a normal tone of voice.
- \_\_\_\_\_ Hearing small changes in noises, as when a machine motor (like in a mixer or a car) changes speeds.
- \_\_\_\_\_ Seeing objects that are several yards away, such as street signs from within a car.
- \_\_\_\_\_ Seeing objects that are close to you, like a newspaper you are reading
- \_\_\_\_\_ Being able to see approaching cars well enough to safely cross a street on foot.
- \_\_\_\_\_ Seeing objects to one side of you while you are looking straight ahead.
- \_\_\_\_\_ Being able to accurately tell what color an object is.
- \_\_\_\_\_ Being able to tell how far away your hand or foot is from something you are reaching for, like a cup or a stair.
- \_\_\_\_\_ Being able to look up from close work, like reading or sewing, and to clearly see across the room at once.
- \_\_\_\_\_ Seeing well enough to safely drive a car.