

Workplace Activity Limitations Scale

What's the purpose?

The Workplace Activity Limitations Scale is a questionnaire that measures difficulties related to performing different tasks at work in people with arthritis, rheumatoid arthritis and osteoarthritis.

What questions will I have to answer?

You will be asked how much difficulty you have with 12 different activities related to your job. Use a 4 point scale to answer each question. 0 means you have no difficulty with the task. 1 means you have some difficulty doing the task. 2 means you have a lot of difficulty doing the tasks and 3 means you cannot do the task.



Getting to and from work



Crouching, bending, kneeling



Getting around at work



Reaching



Sitting for long periods of time



Managing your schedule



Standing for long periods of time



Managing the pace of work



Moving objects



Meeting job demands



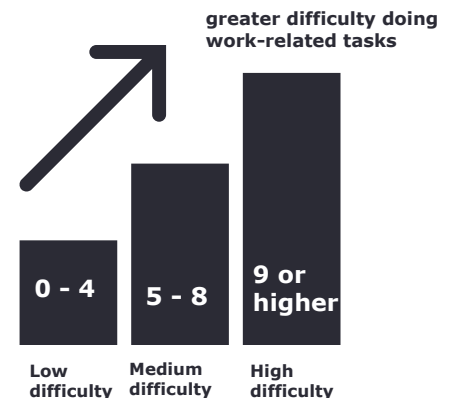
Working with your hands



Focusing on work

What does my score mean?

Your score for individual activities gives your therapist an idea of your limitations when doing those particular tasks, and can help identify specific things to work on in therapy, like bending, using your hands or focusing on workplace tasks. Your overall score can range from 0 to 36, with 0 meaning you can complete all the tasks without difficulty and 36 meaning you are unable to do any of the tasks. Higher scores can indicate greater difficulty doing workplace tasks.



Talk to your therapist about what the results mean for you.

To see a full summary of this instrument and more, visit sralab.org/rehabilitation-measures.
Questions? Email rehabmeasures@sralab.org or call 312.238.2802

