

Sequential Occupational Dexterity Assessment

What's the purpose?

The Sequential Occupational Dexterity Assessment measures hand function during everyday activities. It evaluates how well you can complete common tasks that require finger movement and control, speed and accuracy. It is commonly used in people with rheumatoid arthritis and other conditions that affect the hands or joints.

What do I have to do?

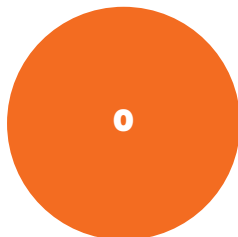
You will be asked to do 12 tasks:

- Write a sentence
- Pick up an envelope
- Pick up coins
- Hold a phone to your ear
- Unscrew the cap of a tube of toothpaste
- Squeeze the toothpaste onto a toothbrush
- Hold a spoon and knife
- Button a shirt
- Unscrew a bottle
- Pour water into a glass
- Wash your hands
- Dry your hands

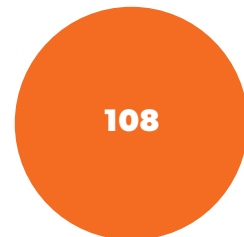


What does my score mean?

For each activity, your therapist gives a score from 0 to 6 based on how well you perform the task. You also rate how difficult the task feels for you on a scale from 0 to 6. Higher scores indicate better performance and less difficulty. Some activities are scored separately for your right and left hand, resulting in 18 individual scores. These scores are added together to create a total score ranging from 0 to 108. A higher total score means you have better hand function and can perform everyday activities that require your hands more easily. A lower total score means you have more difficulty using your hands in daily activities.



More difficulty using your hands
to do everyday tasks



Little to no difficulty using your hands
to do everyday tasks

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