

Muscle Strength Table

When I need to pick up an object that is over my head, my arms are:	Strong enough to do it with light effort <input type="checkbox"/>	Strong enough to do it but it is very difficult <input type="checkbox"/>	Not strong enough, I need to ask someone else to do it for me <input type="checkbox"/>
When I need to pick up an object from the floor, my arms are:	Strong enough to do it with light effort <input type="checkbox"/>	Strong enough to do it but it is very difficult <input type="checkbox"/>	Not strong enough, I need to ask someone else to do it for me. <input type="checkbox"/>
When I need to get up from the floor, I am:	Strong enough to get up without an intense effort <input type="checkbox"/>	Strong enough to get up, but it is very difficult and requires a large effort <input type="checkbox"/>	Not strong enough to get up, I need to grab a chair or ask someone to help <input type="checkbox"/>
When I am climbing stairs, my legs are:	Strong enough to go up stairs while carrying something without using a handrail <input type="checkbox"/>	Somewhat strong, I need to use the handrail to pull myself up <input type="checkbox"/>	I cannot climb stairs without the help of someone else <input type="checkbox"/>
When I get up from a chair:	I do it without rocking back and forth or using my arms to push myself up <input type="checkbox"/>	I need to use my arms or rock back and forth <input type="checkbox"/>	I need help from someone else <input type="checkbox"/>
Try going up and down on the tip of your toes, one foot at a time (you can touch a counter or a table to keep your balance):	I can do it at least twenty times on each foot <input type="checkbox"/>	I can do less than twenty times on one foot, but I do it at least twenty times on both feet at the same time <input type="checkbox"/>	I cannot go up on the tips of my toes at all <input type="checkbox"/>
	Your muscle strength is within normal limits. Use exercise to maintain it and prevent loss.	Your muscle strength is decreased, and you need to use other methods to remain functional. Use exercises to optimize your strength.	Your muscle strength requires improvement. The following exercises may help improve your strength.