FUNCTIONAL INDEX FOR HAND ARTHROPATHIES (FIHOA)

Scoring system
0: possible without difficulty
1: possible with slight difficulty
2: possible with important difficulty
3: impossible

1.	Are you able to turn a key in a lock?	☐0 ☐1 ☐2 ☐3
2.	Are you able to cut meat with a knife?	☐0 ☐1 ☐2 ☐3
3.	Are you able to cut cloth or paper with a pair of scissors?	☐0 ☐1 ☐2 ☐3
4.	Are you able to lift a full bottle with the hand?	☐0 ☐1 ☐2 ☐3
5.	Are you able to clench your fist?	☐0 ☐1 ☐2 ☐3
6.	Are you able to tie a knot?	☐0 ☐1 ☐2 ☐3
7.	*For women* - Are you able to sew? *For men* - Are you able to use a screwdriver?	☐0 ☐1 ☐2 ☐3
8.	Are you able to fasten buttons?	☐0 ☐1 ☐2 ☐3
9.	Are you able to write for a long period of time (10 mn)?	☐0 ☐1 ☐2 ☐3
10.	Would you accept a handshake without reluctance?	☐0 ☐1 ☐2 ☐3

Result

Weight (in Kilograms)

Height (in Centimeters)

BMI

Gender

Age