

**Instructions:** Describe your hand use by answering the following questions with the hand use categories listed below. Use the category number (1, 2, 3, 4 or 5) that applies to you and place it in the blank after the question; however, you may choose different categories for different questions if these changes describe your hand use.

Hand use categories:

1. Left hand always.
2. Left hand preferred but sometimes use my right.
3. No preference; I can use either hand.
4. Right hand preferred but sometimes use my left.
5. Right hand always.

WHICH HAND DO YOU USE:

1. To eat with a fork (without a knife)? \_\_\_\_\_
2. To brush your teeth? \_\_\_\_\_
3. To draw? \_\_\_\_\_
4. To pound on a table to express anger? \_\_\_\_\_
5. To pick up a paper clip? \_\_\_\_\_
6. To throw a ball? \_\_\_\_\_
7. To cut food with a knife? \_\_\_\_\_
8. To pick up a penny? \_\_\_\_\_
9. To wave good-bye? \_\_\_\_\_
10. To carry a suitcase? \_\_\_\_\_
11. To hammer a nail? \_\_\_\_\_
12. To beat time to music? \_\_\_\_\_
13. To cut with scissors? \_\_\_\_\_
14. To hold a tennis (or other type of sport) racket? \_\_\_\_\_
15. To carry a heavy object? \_\_\_\_\_
16. To write a letter? \_\_\_\_\_
17. To snap your fingers? \_\_\_\_\_
18. To use a comb? \_\_\_\_\_
19. To hold a match while striking it? \_\_\_\_\_
20. To pick up a glass of water? \_\_\_\_\_

**Scoring procedure:** Sum the numbers for each of the twenty items and then divide by 20 to get an average score ranging from 1, *left hand always* to 5, *right hand always*.  
Left = average scores between 1 and 2; Right = average scores between 4 and 5;  
Mixed = all other scores.