

Early Grip Changes Pattern Check

Am I doing familiar hand tasks differently than I used to? Use this worksheet to notice small adaptations such as using two hands, switching sooner, or asking for help more often.

Use this as an observation tool, not a strength test. The goal is to notice patterns in familiar daily activities. Seek appropriate medical attention for sudden hand weakness, major one-sided changes, new numbness, severe pain, or loss of hand control.

Everyday task	How I used to do it	What I do now	Use both hands more?	Switch / rest sooner?	Avoid or ask for help?
Open containers					
Carry groceries					
Hold cookware					
Use keys / knobs					
Household task					

What adjustment do I notice most?

☐ Use both hands more ☐ Switch hands sooner ☐ Choose lighter objects ☐ Put things down to rest ☐ Ask for help ☐ Avoid certain tasks ☐ Hold objects differently
☐ Other: _____

The change I had not noticed before:

One task I want to keep watching:

Helpful reminder: Early changes are often easy to miss because people naturally adapt. What matters is whether several familiar tasks are gradually being done differently.