

Everyday Grip Function Snapshot

How are different parts of everyday hand function holding up? Use this worksheet to compare carrying, holding, twisting, control, and hand endurance.

Use this as an observation tool, not a maximum-strength test. Notice familiar hand tasks at a comfortable level. Seek appropriate medical attention for sudden hand weakness, a major one-sided change, new numbness, severe pain, or loss of hand control.

Hand function	Everyday example	Comfortable?	Harder than before?	Right / left difference?
Carry	Grocery bag			
Hold	Mug or cookware			
Twist	Lid or doorknob			
Control	Tool or utensil			
Endurance	Longer hand task			

What seems most difficult? ☐ Carrying ☐ Holding ☐ Twisting ☐ Fine control ☐ Hand endurance ☐ One hand more than the other ☐ Pain or stiffness ☐ Other: _____

The hand task I most want to keep watching:

One change I notice most clearly:

Helpful reminder: Everyday grip function includes more than squeezing. Carrying, holding, twisting, control, and endurance can each change in different ways.