

Rating of Everyday Arm-use in the Community and Home (REACH) Scale

Dominant side affected

Level	Category	Description
0	No use/ Exercise only	<input type="checkbox"/> Does not use the affected side at all or only uses the affected side for exercise purposes
1	Stabilize only	<input type="checkbox"/> Only uses the affected side to help stabilize objects during two-handed activities (<i>in at least one example below</i>) <ul style="list-style-type: none"> <input type="checkbox"/> Stabilize item on surface (e.g. steady paper while writing) <input type="checkbox"/> Uses affected hand as a passive vise or clamp (e.g. stabilize medication bottle in hand to enable unaffected side to open lid, stabilize material while buttoning or zipping) <input type="checkbox"/> Stabilize item in between arm and body.
2	Assist or easy reach	<input type="checkbox"/> Uses the affected side (actively) to assist the less affected side when performing two-handed activities, with the less affected side doing most of the work (<i>in at least one example below</i>). <ul style="list-style-type: none"> <input type="checkbox"/> Assists stronger side when dressing and bathing (e.g. pulling up pants, unfold and orient clothes to put them on, assists in washing hair and/or body, getting clothes off hanger) <input type="checkbox"/> Actively grasp items to allow stronger side to manipulate them (e.g. hold food item while stronger side chops, hold wallet while stronger side gets money out, hold jar while stronger side opens lid) <p style="text-align: center;">OR</p> <input type="checkbox"/> Uses the weaker side to perform easy reach tasks that require minimal manipulation . (e.g. flips a light switch, closing cupboard, pushes door or pedestrian signal, turn on/off lever tap, especially if located on weaker side or stronger hand is holding something)
3	Some reach and grasp with hand manipulation	<input type="checkbox"/> Uses the affected side to perform some reach and grasp tasks which require active grasp or hand manipulation (<i>in at least one example below</i>). <ul style="list-style-type: none"> <input type="checkbox"/> Reaching for light items (e.g. in fridge, cupboard/closet, drawer, or on table) <input type="checkbox"/> Drinking from a glass or mug (can be cold drinks or half full drinks only) <input type="checkbox"/> Cutting or chopping food (can be rough chopping or easy-to-cut foods only) <input type="checkbox"/> Writing (daily)
4	Everyday use unless potential negative consequences	<input type="checkbox"/> Uses the affected side for all daily activities except those that involve heavy objects, high height, precision, fine motor or has negative consequences if performed inaccurately. (e.g. shaving, cleaning self after toilet, carrying something hot across a room, typing/using mouse) <p style="text-align: center;">AND</p> <input type="checkbox"/> When reaching and grasping, the affected hand is used an equal or greater amount of time over a typical day compared to the non-affected hand.
5	Full Use	<input type="checkbox"/> Uses the affected side for all tasks previously performed prior to the stroke (performance may be slower or less accurate than before the stroke) <p style="text-align: center;">AND</p> <input type="checkbox"/> Does not compensate for any task by using less affected side (i.e. to avoid consequences)

Rating of Everyday Arm-use in the Community and Home (REACH) Scale

Non-dominant side affected checklist

Level	Category	Description
0	No use/ Exercise only	<input type="checkbox"/> Does not use the affected side at all or only uses the affected side for exercise purposes
1	Stabilize only	<input type="checkbox"/> Only uses the affected side to help stabilize objects during two-handed activities (<i>in at least one example below</i>) <ul style="list-style-type: none"> <input type="checkbox"/> Stabilize item on surface (e.g. steady paper while writing) <input type="checkbox"/> Uses affected hand as passive vise or clamp (e.g. stabilize medication bottle in hand to enable stronger side to open lid, stabilize material while buttoning or zipping) <input type="checkbox"/> Stabilize item in between arm and body.
2	Limited Assist or easy reach	<input type="checkbox"/> Uses the affected side (actively) during two handed activities that require minimal hand manipulation with the less affected side performing most of the work (e.g. assist to wash one side of body, assist to lift heavier items up, put shirt on, wash both hands under tap) <p style="text-align: center;">OR</p> <input type="checkbox"/> Uses the weaker side to perform simple reach tasks that require minimal hand manipulation (e.g. flip a wall light switch, press walk sign or automatic door opener, close cupboard, turn on/off lever tap especially if located on affected side or less affected side is busy)
3	Some reach and grasp with hand manipulation	<input type="checkbox"/> Uses the affected side to assist the less affected side with <i>some</i> activities that involve reaching, active grasp and/or hand manipulation (<i>in at least one example below</i>) <ul style="list-style-type: none"> <input type="checkbox"/> Assists in carrying items with both hands (e.g. dish or pot, large grocery item) <input type="checkbox"/> Assists stronger side when dressing and bathing (e.g. pull up pants, unfold and orient clothes to put them on, uses hand to assist in washing hair and/or body, get clothes off hanger) <input type="checkbox"/> Actively grasp items to allow stronger side to manipulate them (e.g. hold food items while chopping, hold wallet while stronger side gets money out, hold jar while stronger side opens lid, do up seatbelt) <input type="checkbox"/> Performs simple reach and grasp tasks when convenient and when there are no serious or inconvenient consequences if performed inaccurately (e.g. open a cupboard, door, drawer, fridge)
4	Everyday use unless potential negative consequences	<input type="checkbox"/> Uses the affected side in a similar fashion as before the stroke in order to complete activities that traditionally require two hands or to finish tasks faster (i.e. both hands working together to complete one task or each hand is performing separate tasks) (<i>in all examples below</i>) <ul style="list-style-type: none"> <input type="checkbox"/> Uses the affected side in a similar fashion as before the stroke during dressing and bathing (e.g. contributes about the same amount as before the stroke when buttoning up clothes, putting on socks, tying shoelaces, drying self with towel) <input type="checkbox"/> Reaches for various items to help finish tasks faster (e.g. emptying dishwasher, putting groceries away, pick up things with both hands when tidying a room) <input type="checkbox"/> Reaches for various items if located on affected side (e.g. from a cupboard, drawer, table) <input type="checkbox"/> Uses affected side for support (e.g. pushing up from a chair, leaning on affected side if reaching for something far with less affected side, on the bus, use a handrail or grab bar) <p style="text-align: center;">AND</p> <input type="checkbox"/> Uses the affected side to assist in all daily activities (<i>as before the stroke</i>) except those that involve heavy objects, high height, precision, fine motor or has negative consequences if performed inaccurately (e.g. typing, carrying a hot drink across the room, unlocking door with key)
5	Full Use	<input type="checkbox"/> Uses the affected side for all tasks previously performed prior to the stroke (performance may be slower or less accurate than before the stroke) <p style="text-align: center;">AND</p> <input type="checkbox"/> Does not compensate for any task by using less affected side (i.e. to avoid consequences)