

Arm Immobilization (Left Arm)

You were told how heavy your left hand and arm felt and then told to try to lift your hand up.

How stiff did your arm feel, where 0 means no more stiffness than normal and 5 means you could feel a stiffness so compelling no amount of effort would overcome it? *

Normal/ no heaviness

0

1

2

3

4

5

Very heavy

Continue