|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Grip used | | Time taken | | Score | |
| Right | Left | Right | Left | Right | Left |
| 1. Put key into lock and turn 90o (pulp pinch, lateral pinch) |  |  |  |  |  |  |
| 1. Pick up four coins from the table surface and put two coins into each purse mounted on the wall (pulp pinch) |  |  |  |  |  |  |
| 1. Close and open the zippers of the purses mounted on the wall (pulp pinch) |  |  |  |  |  |  |
| 1. Pick up coins from the purses and put on the bottom of the box (pulp pinch) |  |  |  |  |  |  |
| 1. Lift wooden cubes over edge of a five centimetre height (five finger pinch) |  |  |  |  |  |  |
| 1. Lift iron over edge of five centimetre height (transverse volar grip) |  |  |  |  |  |  |
| 1. Turn one screw mounted on wall one complete turn in supination with a screw driver (diagonal volar grip) |  |  |  |  |  |  |
| 1. Pick up 4 difference sized nuts and put on bolts mounted on wall (pulp, lateral or tripod pinch) |  |  |  |  |  |  |
| 1. Unscrew lid of jars (spherical volar grip) |  |  |  |  |  |  |
| 1. Do up four different sized buttons (pulp-pinch) |  |  |  |  |  |  |
| 1. With knife and fork cut dough into four pieces (tripod pinch, diagonal volar grip) |  |  |  |  |  |  |
| 1. Put tubigrip stocking on the other hand (lateral pinch, five finger pinch) |  |  |  |  |  |  |
| 1. Write name with a pen (tripod pinch) |  |  |  |  |  |  |
| 1. Fold a piece of paper and put into envelope (five finger pinch, lateral pinch) |  |  |  |  |  |  |
| 1. Put a small or large paperclip onto an envelope (pulp pinch, lateral pinch) |  |  |  |  |  |  |
| 1. Lift telephone receiver and put it to the ear |  |  |  |  |  |  |
| 1. Turn door handle in supination (transverse volar grip) |  |  |  |  |  |  |
| 1. Lift the one litre pure-pack and pour water into the jug (five finger pinch) |  |  |  |  |  |  |
| 1. Lift the jug with one litre of water, by the handle and pour water into a cup (transverse volar grip) |  |  |  |  |  |  |
| 1. Pick up cup by the handle and pour water from the cup into the jug (pulp pinch, lateral pinch) |  |  |  |  |  |  |