

VII. APPENDIX

A. LIST OF TEST OBJECTS AND RELATED ITEMS

1. The test objects and related items for the WMFT are listed below in the order in which they are used. Objects that shall have extras show the suggested number of items in parenthesis.
 - a. **Objects**
 - i. Box (cardboard) – 10-inches (25.4 cm) height
 1. This represents approximate shoulder height for average adult
 2. 8-inch (20.3 cm) or 6-inch (15.2 cm) box shall be available for shorter individuals
 - ii. Cuff weight – 1lb, with velcro strap
 - iii. Cuff weight – 20lb, with removable weight inserts
 - iv. Soft drink can (2) – 12oz, unopened, preferably noncarbonated
 - v. Pencil (2) – 7-inch (17.78 cm), hexagon shape
 - vi. Paper clip (3) – 2-inch (5.08 cm) - colored and coated with plastic
 - vii. Checkers (6) – three checkers of standard size
 - viii. Index cards (6) – three cards of standard size
 1. 3-inch (7.62 cm) x 5-inch (12.7 cm)
 - ix. Dynamometer (2) – standard grip strength
 - x. Lock and key
 1. Secured to a board that is placed at a 45° angle.
 2. Tumblers are set so the key moves through a 180° arc (only), with 90° of that arc on either side of midline.
 - xi. Standard dish towel
 1. 25-inch (63.5 cm) x 15-inch (38.10 cm).
 - xii. Plastic or wicker tote basket with handle approximately
 1. Height: 15 inches (38.1 cm)
 2. Width: 8.5 inches (21.6 cm)
 3. Length: 14 inches (35.56 cm)
 - b. **Related Items**
 - i. Table - standard height, approximately:
 1. Height: 29-inches (73.5 cm)
 2. Width: 54-inches (137 cm)
 3. Length: 30-inches (76 cm)
 - ii. Adjustable height bedside table
 1. Width: 15- inches (38.1 cm)
 2. Length: 30-inches (76.2 cm)
 - iii. Straight back chair without armrests
 1. Seat height: 18-inches (45.7 cm)
 - iv. Template
 - v. Talcum/baby powder
 - vi. Stopwatch that measures to at least the hundredth second

² See General Instruction #7.