

Mobile Physical Therapy

Moberg Pick-Up Test

Name: _____

Instructions: Patient picks up objects (12) from desk top and places them into a container. The time required to complete the task is recorded in seconds by a stopwatch. Ask the patient to pick-up objects as quickly as possible. Both hands are tested separately. The patient is seated at a table. Spread the objects evenly and randomly within arms length of the patient. The plastic container is placed above the objects within arms length of the patient. Have the patient practice once to familiarize himself with the objects. Repeat the same procedure with the subject blindfolded.

	Date	Date	Date	Date
Eyes Open:	___/___/___	___/___/___	___/___/___	___/___/___
Right Hand	_____seconds	_____seconds	_____seconds	_____seconds
Left Hand	_____seconds	_____seconds	_____seconds	_____seconds
Eyes Closed:				
Right Hand	_____seconds	_____seconds	_____seconds	_____seconds
Left Hand	_____seconds	_____seconds	_____seconds	_____seconds

	Date	Date	Date	Date
Eyes Open:	___/___/___	___/___/___	___/___/___	___/___/___
Right Hand	_____seconds	_____seconds	_____seconds	_____seconds
Left Hand	_____seconds	_____seconds	_____seconds	_____seconds
Eyes Closed:				
Right Hand	_____seconds	_____seconds	_____seconds	_____seconds
Left Hand	_____seconds	_____seconds	_____seconds	_____seconds