

Box and Blocks Test Instructions

General Information (derived from Mathiowetz et al, 1985):

- The patient is allowed a 15-second trial period prior to testing
- Immediately before testing begins, the patient should place his/her hands on the sides of the box
- When testing begins, the patient should grasp one block at a time with the dominant hand, transport the block over the partition, and release it into the opposite compartment
- The patient should continue doing this for one minute
- The procedure should then be repeated with the nondominant hand
- After testing, the examiner should count the blocks
- If a patient transports two or more blocks at the same time, this should be noted and the number subtracted from the total
- No penalty should be made if the subjects transported any blocks across the partition and the blocks bounced from the box to the floor or table

Set-up:

- A test box with 150 blocks and a partition in the middle is placed lengthwise along the edge of a standard-height table
- The patient should be seated on a standard height chair facing the box
- dominant hand
- The examiner should face the patient so she or he could view the blocks being transported

Patient Instructions (derived from Mathiowetz et al, 1985):

"I want to see how quickly you can pick up one block at a time with your right (or left)



Box and Blocks Testing Form

Name: _____

Dominant Hand (circle one): Right Left

Number of blocks transported in one minute:

Date: _____ Dominant Hand: _____ Non-Dominant Hand: _____

Date: _____ Dominant Hand: _____ Non-Dominant Hand: _____

Date: _____ Dominant Hand: _____ Non-Dominant Hand: _____

Date: _____ Dominant Hand: _____ Non-Dominant Hand: _____



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Reference:

Mathiowetz, V., G. Vollaea19M. 9 ("45. 4 A45.-2 d45 6 ou) -3 (t -45.-5 (o) -3 rT) 13 m45. 6 s. or (th) 14



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