**Action Research Arm Test (ARA)**

**Instructions**
There are four subtests: Grasp, Grip, Pinch and Gross Movement.

Items in each are ordered so that:

- if the subject passes the first, no more need to be administered and he scores top marks for that subtest;
- if the subject fails the first and fails the second, he scores zero, and again no more tests need to be performed in that subtest;
- otherwise he needs to complete all tasks within the subtest

**Activity**

**Grasp**
1. Block, wood, 10 cm cube (If score = 3, total = 18 and go to Grip)
   Pick up a 10 cm block
2. Block, wood, 2.5 cm cube (If score = 0, total = 0 and go to Grip)
   Pick up 2.5 cm block
3. Block, wood, 5 cm cube
4. Block, wood, 7.5 cm cube
5. Ball (Cricket), 7.5 cm diameter
6. Stone 10 x 2.5 x 1 cm
   Coefficient of reproducibility = 0.98
   Coefficient of scalability = 0.94

**Grip**
1. Pour water from glass to glass (If score = 3, total = 12, and go to Pinch)
2. Tube 2.25 cm (If score = 0, total = 0 and go to Pinch)
3. Tube 1 x 16 cm
4. Washer (3.5 cm diameter) over bolt
   Coefficient of reproducibility = 0.99
   Coefficient of scalability = 0.98

**Pinch**
1. Ball bearing, 6 mm, 3rd finger and thumb (If score = 3, total = 18 and go to Grossmt)
2. Marble, 1.5 cm, index finger and thumb (If score = 0, total = 0 and go to Grossmt)
3. Ball bearing 2 finger and thumb
4. Ball bearing 1 finger and thumb
5. Marble 3rd finger and thumb
6. Marble 2nd finger and thumb
   Coefficient of reproducibility = 0.99
   Coefficient of scalability = 0.98
**Grossmt (Gross Movement)**

1. Place hand behind head (If score = 3, total = 9 and finish)
2. (If score = 0, total = 0 and finish)
3. Place hand on top of head
4. Hand to mouth

Coefficient of reproducibility = 0.98  
Coefficient of scalability = 0.97

**Score :** /57.