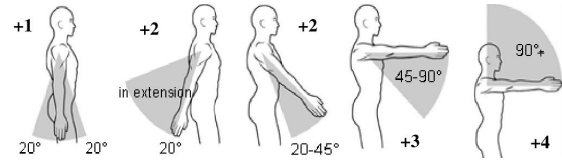


Rapid Upper Limb Assessment (RULA)

Patient name: _____ Age: _____ Medical history: _____ Medical professional in-charge: _____

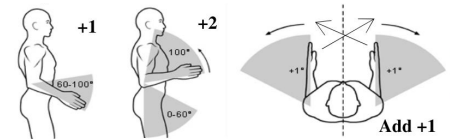
A. Arm and wrist analysis

Step 1: Locate upper arm position



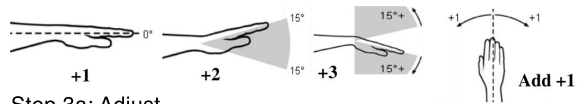
Step 1a: Adjust...
If shoulder is raised: +1
If upper arm is abducted: +1
If arm is supported or person is leaning: -1

Step 2: Locate lower arm position



Step 2a: Adjust...
If either arm is working across midline or out to side of body: Add +1

Step 3: Locate wrist position



Step 3a: Adjust...
If wrist is bent from midline: Add +1

Step 4: Wrist twist

If wrist is twisted in mid-range: +1
If wrist is at or near end of range: +2

Step 5: Look-up posture score in Table A

Using values from steps 1-4 above, locate score in Table A

Step 6: Add muscle use score

If posture mainly static (i.e. held >10 minutes)
Or if action repeated occurs 4X per minute: +1

Step 7: Add force/load score

If load < .4.4 lbs (intermittent): +0
If load 4.4 to 22 lbs (intermittent): +1
If load 4.4 to 22 lbs (static or repeated): +2
If more than 22 lbs or repeated or shocks: +3

Step 8: Find row in Table C

Add values from steps 5-7 to obtain Wrist and Arm Score. Find row in Table C.

Upper arm score

Lower arm score

Wrist score

Wrist twist score

Posture score A

Muscle use score

Force/load score

Wrist & arm score

SCORES

Table A: Wrist posture score

Upper arm	Lower arm	Wrist posture score							
		1		2		3		4	
		Wrist twist	Wrist twist	Wrist twist	Wrist twist	Wrist twist	Wrist twist	Wrist twist	Wrist twist
1	1	1	2	2	2	3	3	3	3
	2	2	2	2	2	3	3	3	3
	3	2	3	3	3	3	3	4	4
2	1	2	3	3	3	3	4	4	4
	2	3	3	3	3	3	4	4	4
	3	3	4	4	4	4	4	5	5
3	1	3	3	4	4	4	4	5	5
	2	3	4	4	4	4	4	5	5
	3	4	4	4	4	4	5	5	5
4	1	4	4	4	4	4	5	5	5
	2	4	4	4	5	5	5	6	6
	3	4	4	4	5	5	5	6	6
5	1	5	5	5	5	5	5	6	7
	2	5	6	6	6	6	7	7	7
	3	6	6	6	7	7	7	7	8
6	1	7	7	7	7	7	8	8	9
	2	8	8	8	8	8	9	9	9
	3	9	9	9	9	9	9	9	9

Table C: Neck, trunk, and leg score

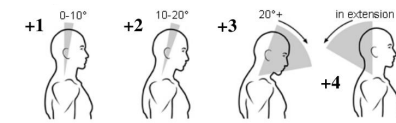
Wrist and arm score	1	2	3	4	5	6	7+
1	1	2	3	2	4	5	5
2	2	2	3	4	4	5	5
3	3	3	3	4	4	5	6
4	3	3	3	4	5	6	6
5	4	4	4	5	6	7	7
6	4	4	5	6	6	7	7
7	5	5	6	6	7	7	7
8+	5	5	6	7	7	7	7

Scoring: (final score from Table C)
1 or 2 = acceptable posture
3 or 4 = further investigation, change may be needed
5 or 6 = further investigation, change soon
7 = investigate and implement change

Final score

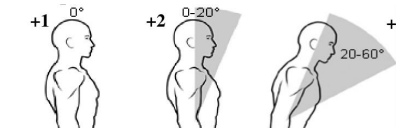
B. Neck, trunk, and leg analysis

Step 9: Locate neck position



Step 9a: Adjust...
If neck is twisted: +1
If neck is side bending: +1

Step 10: Locate trunk position



Step 10a: Adjust...
If trunk is twisted: +1
If trunk is side bending: +1

Step 11: Legs

If legs and feet are supported: +1; If not: +2

Table B: Trunk posture score

Neck posture score	Trunk posture score											
	1		2		3		4		5		6	
	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	Legs	
1	1	3	2	3	3	4	5	5	6	6	7	7
2	2	3	2	3	4	5	5	5	6	7	7	7
3	3	3	3	4	4	5	5	6	6	7	7	7
4	5	5	5	6	6	7	7	7	7	7	8	8
5	7	7	7	7	7	7	8	8	8	8	8	8
6	8	8	8	8	8	8	8	8	9	9	9	9

Step 12: Look-up posture score in Table B

Using values from steps 9-11 above, locate score in Table B

Step 13: Add muscle use score

If posture mainly static (i.e. held >10 minutes)
Or if action repeated occurs 4X per minute: +1

Step 14: Add force/load score

If load < .4.4 lbs (intermittent): +0
If load 4.4 to 22 lbs (intermittent): +1
If load 4.4 to 22 lbs (static or repeated): +2
If more than 22 lbs or repeated or shocks: +3

Step 15: Find column in Table C

If load < .4.4 lbs (intermittent): +0
If load 4.4 to 22 lbs (intermittent): +1
If load 4.4 to 22 lbs (static or repeated): +2
If more than 22 lbs or repeated or shocks: +3

Neck score

Trunk score

Leg score

Posture score B

Muscle use score

Force/load score

Neck, trunk, & leg score