

Modified Ashworth Scale

Patient Position: lying supine (except knee), the upper limbs as parallel as possible to the trunk, elbows extended and wrists in neutral

General Instructions: 1) Passively move extremity from maximal possible motion. 2) Move limb through full range at a consistent speed and score. 3) Finish movement at consistent speed in opposite direction and score.

Remember to perform only one movement cycle in each direction.

UE Muscles to test and position

1. Shoulder Medial Rotation/Lateral Rotation: start in neutral
2. Elbow Flexion/Extension: shoulder in neutral, elbow flexed to 90°, wrist neutral
3. Wrist Flexion/Extension: elbow straight and forearm pronated
4. Finger Flexion/Extension: elbow straight, forearm neutral, wrist neutral
5. Thumb Flexion/Extension: elbow straight, forearm and wrist neutral

LE Muscles to test and position

1. Hip Abductors/Adductors: maintain neutral hip position, support under knee
2. Knee Flexors/Extensors: sidelying with hip in neutral, stabilize under knee
3. Ankle Plantarflexors/Dorsiflexors: leg extended first, stabilize under ankle, pressure on foot AND then perform with leg flexed

Score	Criteria
0	No increase in tone
1	Slight increase in tone (catch and release at end of ROM)
1+	Slight increase in tone, manifested by a catch, followed by minimal resistance throughout remainder (less than half of the ROM)
2	Marked increase in tone through most of ROM, but affected part(s) easily moved
3	Considerable increase in tone; passive movement difficult
4	Affected part(s) rigid in flexion or extension

Modified Tardieu Scale

Patient Position: Upper extremity to be tested in sitting position and lower extremity in supine position

General Instructions: 1) Move extremity as slow as possible (R2) and measure passive range of motion. 2) Move extremity again as fast as possible and rate the quality of movement. 3) Measure the angle of the first catch (R1).

Remember to perform only one movement cycle in each direction.

UE Muscles to test and position

1. Shoulder Medial Rotation/Lateral Rotation: start in neutral
2. Elbow Flexion/Extension: shoulder in neutral, elbow flexed to 90°, wrist neutral
3. Wrist Flexion/Extension: elbow straight and forearm pronated
4. Finger Flexion/Extension: elbow straight, forearm neutral, wrist neutral
5. Thumb Flexion/Extension: elbow straight, forearm and wrist neutral

LE Muscles to test and position

1. Hip Abductors/Adductors: maintain neutral hip position, support under knee
2. Knee Flexors/Extensors: sidelying with hip in neutral, stabilize under knee
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Grade	Description of Quality of Movement
0	No resistance throughout the course of the passive movement.
1	Slight resistance throughout the course of the passive movement, with no clear catch at a precise angle.
2	Clear catch at a precise angle, interrupting the passive movement, followed by a release.
3	Fatigable clonus (<10 seconds when maintaining pressure) occurring at a precise angle.
4	Infatigable clonus (>10 seconds when maintaining pressure) occurring at a precise angle.
5	Joint is immovable.