

Modified Ashworth Scale Instructions

General Information (derived Bohannon and Smith, 1987):

- Place the patient in a supine position
- If testing a muscle that primarily flexes a joint, place the joint in a maximally flexed position and move to a position of maximal extension over one second (count "one thousand one")
- If testing a muscle that primarily extends a joint, place the joint in a maximally extended position and move to a position of maximal flexion over one second (count "one thousand one")
- Score based on the classification below

Scoring (taken from Bohannon and Smith, 1987):

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

Patient Instructions:

The patient should be instructed to relax.

Modified Ashworth Scale Testing Form

Name: _____ Date: _____

Muscle Tested Score L/R

Shoulder flexors _____

Shoulder extensors _____

Shoulder abductors _____

Shoulder adductors _____

Shoulder external rotation _____

Shoulder internal rotation _____

Elbow flexion _____

Elbow extension _____

Elbow pronation _____

Modified Ashworth Scale Testing Form

Name: _____ Date: _____

Muscle Tested Score L/R

Wrist flexion

Wrist extension

Wrist
ulnar abn

Finger flexion

Finger extension

Finger adduction

Trunk
upper flexion

Trunk
lower flexion

Trunk
upper extension

Modified Ashworth Scale Testing Form

Name: _____ Date: _____

Muscle Tested Score L/R

Trunk
lower extension

Trunk rotation

Hip flexion

Hip extension

Hip abduction

Hip adduction

Hip
external rotation

Hip
internal rotation

Knee flexion

Modified Ashworth Scale Testing Form

Name: _____ Date: _____

Muscle Tested Score L/R

Knee extension

Ankle
dorsal flexion

Ankle
plantar flexion

Ankle pronation

Ankle supination
