

Bradykinesia Test

Patient's full name:

Date accomplished:

Clinician's full name:

Finger Tapping Exercise

- Have your patient tap their thumb and index fingers as fast as possible.
- Before each tap, they need to separate their thumb and index finger as far as possible.
- Have them do this for ten seconds.
- Have them do this for both hands, one at a time.

Comments

Hand Grip Exercise

- Have your patient open and close their fists repeatedly.
- When they open their fists, they must spread their fingers as wide as possible before closing their fist again.
- Have them do this for ten seconds.
- Have them do this for both hands, one at a time.

Comments

Hand Pronation/Supination Exercise

- Have your patient flex their shoulder forward by 90 degrees.
- Have them extend their arm forward and keep it in that position throughout the test.
- While their arm is extended forward, have them pronate and supinate their hands repeatedly.
- Have them do this for ten seconds.
- Have them do this for both hands, one at a time.

Comments

Toe Tapping Exercise

- Have your patient plant both their feet on the floor.
- Start with one foot. Have them raise their toes while keeping their heel on the floor.
- Have them repeatedly tap their toes.
- Have them do this for ten seconds, then do the same with the other foot.

Comments

Heel Tapping Exercise

- Have your patient plant both their feet on the floor.
- Start with one foot. Have them raise their whole foot a bit.
- Have them repeatedly tap their whole foot on the floor. Make sure they raise their foot before each tap.
- Have them do this for ten seconds, then do the same with the other foot.

Comments

After this, please conduct other tests, especially those that can check on tremors, gait, balance, and rigidity.