

# Modified Ashworth Scale

Name:

Date:

## 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

**Instruction for Patient:** The patient should be instructed to relax

Muscle Tested	Score

**Additional Comments:**