

## Modified Ashworth Scale

## Patient information

Full name:

Age:

Patient ID:

Date assessed:

## Instructions

- Place the patient in a supine position.
- Tell the patient to relax every time you assess a muscle group.
- 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

- 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 range of motion.
- 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.

### Muscle group tested

### Score

**Additional comments****Clinician's information**

Full name:

Contact number:

Email address:

Signature:

Date signed: