

Spasticity Test

Clinician Information

Name:

Title:

License Number:

Contact Information:

Patient Information

Name:

Age:

Date of Birth:

Date of Test:

Introduction

This test assesses the degree of spasticity, which is a motor disorder characterized by a velocity-dependent increase in tonic stretch reflexes. It is designed to evaluate muscle tone, resistance to passive movement, and the functional impact of spasticity.

Purpose of the Test

To provide a comprehensive assessment of spasticity for accurate diagnosis and to guide treatment planning.

Instructions to the Patient

The patient will be guided through a series of tasks involving passive movement of limbs and observation of muscle response. The patient should relax and allow the clinician to move their limbs.

Task 1: Modified Ashworth Scale (MAS)

Instructions:

The clinician will passively move the patient's limb through its range of motion to assess muscle tone.

Muscle Groups Tested:

a. Biceps (Right Arm)

b. Hamstrings (Left Leg)

c. Quadriceps (Right Leg)

MAS Score for Each Muscle Group:

a.

b.

c.

Task 2: Tardieu Scale**Instructions:**

The limb is moved at three different velocities, and the muscle's reaction is noted to assess the spasticity's response to speed.

Muscle Groups Tested:

a. Biceps (Left Arm)

b. Hamstrings (Right Leg)

c. Quadriceps (Left Leg)

Tardieu Scale Score for Each Muscle Group:

a.

b.

c.

Task 3: Penn Spasm Frequency Scale**Instructions:**

Observe or inquire about the frequency of muscle spasms over a specified period.

Observation Period: 24 hours

Frequency of Spasms: Noted as occasional, frequent, or continuous

Score:

Task 4: Functional Impact Assessment**Instructions:**

Evaluate how spasticity affects the patient's ability to perform daily activities.

Activities Assessed:

a.

b.

c.

Impact on Activities:

a.

b.

c.

Overall Assessment

Summary of Findings:

Recommendations for Treatment/Management:

Clinician's Observations and Comments

Clinician's Signature

Date: