

Spasticity Examination Rating Scale and Office Data Form

- **Spasm Frequency Scale¹**

How many spasms has the patient had in the last 24 hours in affected muscles or extremity?

Definitions of Spasms: **(1)** Spasm is a jumping or twitching of the muscle or limb without control; **(2)** A spasm can be a "shooting" of the body part into a position without control; **(3)** A rapid series of "spasms" without significant pausing/resting is defined as one spasm.

- 0=No spasms
- 1=One spasm or fewer per day
- 2=Between one and five spasms per day
- 3=Between five and nine spasms per day
- 4=Ten or more spasms per day

- **Medical Research Council Scale²** (motor testing)

As far as possible, the action of each muscle should be observed separately.

- 0=No contraction
- 1=Flicker or trace of contraction
- 2=Active movement, with gravity eliminated
- 3=Active movement against gravity
- 4=Active movement against gravity and resistance
- 5=Normal power

(NOTE: Grades 4-, 4 and 4+ may be used to indicate movement against slight, moderate and strong resistance respectively)

- **Modified Ashworth Scale³**

- 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 range of motion when the part is moved in flexion or extension/abduction or adduction, etc.
- 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 the affected part is easily moved
- 3=Considerable increase in muscle tone, passive movement is difficult
- 4=Affected part is rigid in flexion or extension (abduction or adduction, etc.)

- **Adductor Tone Rating¹**

- 0=No increase in tone
- 1=Increased tone, hips easily abducted to 45° by one person
- 2=Hips abducted to 45° by one person with mild effort
- 3=Hips abducted to 45° by one person with moderate effort
- 4=Two people required to abduct the hips to 45°

- **Global Pain Scale⁴**

Rate the total amount of pain the patient has had in the last 24 hours.

No Pain 0 - 5 - 10 - 15 - 20 - 25 - 30 - 35 - 40 - 45 - 50 - 55 - 60 - 65 - 70 - 75 - 80 - 85 - 90 - 95 - 100 **Maximum Pain**

- **References**

1. Snow BJ, Tsui JKC, Bhart MH, Varelans M, Hashimoto SA, Calne DB. Treatment of spasticity with botulinum toxin: a double-blind study. *Ann Neurol* 1990;28:512-515.
 2. Medical Research Council of the UK. *Aids to the Investigation of Peripheral Nerve Injuries*. Memorandum No. 45. London, Pendragon House, 1976, pp. 6-7.
 3. Bohannon RW, Smith MB. Interrater reliability of a modified Ashworth scale of muscle spasticity. *Phys Ther* 1986;67:206-207.
 4. Developed by Brin MF, Albany KA 1991.
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