

Fugl-Meyer Assessment

Name: _____ Date: _____ dd / mm / yyyy

Evaluator's Name: _____

Evaluator's Signature: _____

A. UPPER EXTREMITY

I. Reflex Activity

Flexors: Biceps and Fingers

☐ None ☐ Can be elicited

Extensors: Triceps

☐ None ☐ Can be elicited

II. Volitional Movement Within Dynamic Flexor/Extensor Synergies

Shoulder Retraction

☐ None ☐ Partial ☐ Full

Shoulder Elevation

☐ None ☐ Partial ☐ Full

Shoulder Abduction (90°)

☐ None ☐ Partial ☐ Full

External rotation

☐ None ☐ Partial ☐ Full

Elbow Flexion

☐ None ☐ Partial ☐ Full

Forearm Supination

☐ None ☐ Partial ☐ Full

Shoulder Adduction/ Internal Rotation

☐ None ☐ Partial ☐ Full

Elbow Extension

☐ None ☐ Partial ☐ Full

Forearm Pronation

☐ None ☐ Partial ☐ Full

III. Volitional movement mixing synergies (without compensation)

Hand to Lumbar Spine hand on lap

☐ None ☐ Partial ☐ Full

Shoulder flexion 0°-90° elbow at 0° pronation-supination 0°

☐ None ☐ Partial ☐ Full

IV. Volitional movement with little or no synergy

Shoulder abduction 0 - 90° elbow at 0° forearm neutral

☐ None ☐ Partial ☐ Full

Shoulder flexion 90° - 180° elbow at 0° pronation-supination 0°

☐ None ☐ Partial ☐ Full

Pronation/ supination elbow at 0° shoulder at 30°- 90° flexion

☐ None ☐ Partial ☐ Full

V. Normal Reflex Activity

Biceps, triceps, finger flexors

☐ None ☐ Partial ☐ Full

B. WRIST

Stability at 15° dorsiflexion elbow at 90°, forearm pronated shoulder at 0

☐ None ☐ Partial ☐ Full

Repeated dorsiflexion / volar flexion elbow at 90°, forearm pronated shoulder at 0°, slight finger flexion

☐ None ☐ Partial ☐ Full

Stability at 15° dorsiflexion elbow at 0°, forearm pronated slight shoulder flexion/abduction

☐ None ☐ Partial ☐ Full

Repeated dorsiflexion / volar flexion elbow at 0°, forearm pronated slight shoulder flexion/abduction

☐ None ☐ Partial ☐ Full

Circumduction elbow at 90° forearm pronated shoulder at 0

☐ None ☐ Partial ☐ Full

C. HAND

Mass flexion from full active or passive extension

☐ None ☐ Partial ☐ Full

Mass extension from full active or passive flexion

☐ None ☐ Partial ☐ Full

Hook grasp flexion in PIP and DIP (digits II-V) extension in MCP II-V

☐ None ☐ Partial ☐ Full

Thumb adduction 1-st CMC, MCP, IP at 0° scrap of paper between thumb and 2-nd MCP joint

☐ None ☐ Partial ☐ Full

Pincer grasp, opposition pulpa of the thumb against the pulpa of 2nd finger Pencil tug upward

☐ None ☐ Partial ☐ Full

Cylinder grasp cylinder shaped object (small can) tug upward opposition of thumb and fingers

☐ None ☐ Partial ☐ Full

Spherical grasp fingers in abduction/flexion thumb opposed tennis ball tug away

☐ None ☐ Partial ☐ Full

D. COORDINATION/SPEED

Tremor

☐ Marked ☐ Slight ☐ None

Dysmetria

☐ Marked ☐ Slight ☐ None

Time Start and end with the hand on the knee

☐ Marked ☐ Slight ☐ None

E. LOWER EXTREMITY

I. Reflex Activity

Flexors: Knee flexors

☐ None ☐ Can be elicited

Extensors: patellar, Achilles (at least one)

☐ None ☐ Can be elicited

II. Volitional Movement Within Synergies (supine position)

Hip Flexion

☐ None ☐ Partial ☐ Full

Knee Flexion

☐ None ☐ Partial ☐ Full

Ankle Dorsiflexion

☐ None ☐ Partial ☐ Full

Hip Extension

☐ None ☐ Partial ☐ Full

Hip Adduction

☐ None ☐ Partial ☐ Full

Knee Extension

☐ None ☐ Partial ☐ Full

Ankle Plantar Flexion

☐ None ☐ Partial ☐ Full

III. Volitional movement mixing synergies

Knee flexion from actively or passively extended knee

☐ None ☐ Partial ☐ Full

Ankle dorsiflexion compare with unaffected side

☐ None ☐ Partial ☐ Full

IV. Volitional movement with little or no synergy

Knee flexion to 90° hip at 0°, balance support is allowed

☐ None ☐ Partial ☐ Full

V. Normal reflex Activity

Reflex activity knee flexors, Patellar, Achilles

☐ None ☐ Lively ☐ Normal

F. COORDINATION/SPEED

Tremor

☐ Marked ☐ Slight ☐ None

Dysmetria

☐ Marked ☐ Slight ☐ None

Time Start and end with the hand on the knee

☐ Marked ☐ Slight ☐ None

G. BALANCE

Sit without Support

☐ None ☐ Full

Parachute reaction on nonaffected side

☐ None ☐ Full

Parachute reaction on affected side

☐ None ☐ Full

Supported Standing

☐ None ☐ Full

Standing without Support

☐ None ☐ Full

Stand on Nonaffected Leg

☐ Marked ☐ Full

Stand on Affected Leg

☐ None ☐ Full

H. SENSATION

Upper Extremity

Light touch upper arm, forearm palmary surface of the hand

☐ Anesthesia ☐ Hypoesthesia/Dysesthesia ☐ Normal

Position small alterations in the position Shoulder elbow wrist thumb (IP joint)

☐ Less than 3/4 correct or absence ☐ 3/4 correct or considerable difference ☐ correct 100%, little or no difference

Lower Extremity

Light touch Leg Foot Sole

☐ Anesthesia ☐ Hypoesthesia/Dysesthesia ☐ Normal

Position small alterations in the position Hip Knee Ankle Great Toe (IP-Joint)

☐ Less than 3/4 correct or absence ☐ 3/4 correct or considerable difference ☐ correct 100%, little or no difference

I. PASSIVE JOINT MOTION

Upper Extremity

Shoulder Flexion (0° - 180°) Abduction (0°-90°) External rotation Internal rotation

☐ Only a few degrees (less than 10 in shoulder) ☐ Decreased ☐ Normal

Elbow Flexion Extension

☐ Only a few degrees ☐ Decreased ☐ Normal

Forearm Pronation Supination

☐ Only a few degrees ☐ Decreased ☐ Normal

Wrist Flexion Extension

☐ Only a few degrees ☐ Decreased ☐ Normal

Fingers Flexion Extension

☐ Only a few degrees ☐ Decreased ☐ Normal

Lower Extremity

Hip Flexion Abduction External rotation Internal rotation

☐ Only a few degrees (less than 10 in shoulder) ☐ Decreased ☐ Normal

Knee Flexion Extension

☐ Only a few degrees ☐ Decreased ☐ Normal

Ankle Dorsiflexion Plantar Flexion

☐ Only a few degrees ☐ Decreased ☐ Normal

Foot Pronation Extension

☐ Only a few degrees ☐ Decreased ☐ Normal

J. JOINT PAIN

Upper Extremity

Shoulder Flexion (0° - 180°) Abduction (0°-90°) External rotation Internal rotation

☐ Pronounced pain during movement or very marked pain at the end of the movement ☐ Some Pain ☐ No Pain

Elbow Flexion Extension

☐ Pronounced pain ☐ Some Pain ☐ No Pain

Forearm Pronation Supination

☐ Pronounced pain ☐ Some Pain ☐ No Pain

Wrist Flexion Extension

☐ Pronounced pain ☐ Some Pain ☐ No Pain

Fingers Flexion Extension

☐ Pronounced pain ☐ Some Pain ☐ No Pain

Lower Extremity

Hip Flexion Abduction External rotation Internal rotation

☐ Pronounced pain during movement or very marked pain at the end of the movement ☐ Some Pain ☐ No Pain

Knee Flexion Extension

☐ Pronounced pain ☐ Some Pain ☐ No Pain

Ankle Dorsiflexion Plantar Flexion

☐ Pronounced pain ☐ Some Pain ☐ No Pain

Foot Pronation Extension

☐ Pronounced pain ☐ Some Pain ☐ No Pain

SCORE SUMMARY

Score Summary

ADDITIONAL NOTES

Additional Notes