

Modified Ashworth Scale

Name: _____ Date: _____ dd / mm / yyyy

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

- ☐ 0
☐ 1
☐ 1+
☐ 2
☐ 3
☐ 4

Additional Comments

Test instructions were made by Richard Bohannon PT, PhD and Melissa Smith, PT