

Tardieu Scale

Name: _____ Date: _____ dd / mm / yyyy

The Tardieu Scale test is conducted by a trained healthcare professional, such as a physiotherapist, with experience assessing spasticity.

PROCEDURE:

1. Preparation - The patient is positioned comfortably, typically supine or sitting, with the targeted limb supported. The examiner explains the procedure to the patient and ensures they are relaxed.
2. Examination of muscle groups - The examiner identifies the muscles or groups to be assessed, such as the elbow flexors or knee extensors.
3. Passive stretch at three different velocities: V1: As slow as possible to assess the range of motion without triggering a stretch reflex. V2: A slightly faster speed, resembling the speed of limb movement during daily activities. V3: The fastest possible speed, aiming to provoke the stretch reflex and assess spasticity.
4. Measurement and grading - Angle of catch: At each velocity, the examiner notes the angle at which muscle resistance is first encountered. Quality of muscle reaction graded on 5-point scale (0-4):

Quality of muscle reaction grade

- ☐ 0 - No resistance throughout the passive movement
- ☐ 1 - Slight resistance, with no clear catch at a precise angle
- ☐ 2 - Clear catch at a precise angle, interrupting the passive movement, followed by the release
- ☐ 3 - Fatigable clonus (muscle contractions) occurring at a precise angle lasting less than 10 seconds
- ☐ 4 - Inextensible muscle and joint, with a rigid catch at a limited angle

V1 Angle of catch (degrees): _____ V2 Angle of catch (degrees): _____

V3 Angle of catch (degrees): _____

Notes and Diagnosis: