

Modified Ashworth Scale Instructions

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 |

Patient Instructions:

The patient should be instructed to relax.

Modified Ashworth Scale Testing Form

Name: _____ Date: _____

Muscle Tested Score

Reference for test instructions:

Bohannon, R. and Smith, M. (1987). "Interrater reliability of a modified Ashworth scale of muscle spasticity." Physical Therapy 67(2): 206.