

Modified Ashworth Scale Instructions:

Adapted from Bohannon, R and Smith, M. Interrater reliability of a modified Ashworth scale of muscle spasticity, Physical Therapy 67 (2): 206; 1987, with permission from APTA Publishing.

Procedure:

Place the patient in a supine position.

When 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.

When 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.

Scoring:

Score	Modified Ashworth Scale
0	No increase in muscle tone
1	Slight increase in tone
1+	Slight increase in tone, with a catch, followed by minimal resistance
2	More marked increase in tone, but affected part(s) easily moved.
3	Considerable increase in tone and passive movement difficult.
4	Affected part(s) rigid in flexion or extension.

Modified Ashworth Scale Testing Form

Patient name: _____

Date: _____

Muscle tested: _____

Score: _____

Muscle tested: _____

Score: _____

Muscle tested: _____

Score: _____

Muscle tested: _____

Score: _____