

# 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

# 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.