

Fugl-Meyer Assessment

Name: _____ Date: _____ dd / mm / yyyy

Evaluator's Name: _____

 Evaluator's Signature:

A. UPPER EXTREMITY

I. Reflex Activity

Flexors: Biceps and Fingers

None Can be elicited

Extensors: Triceps

None Can be elicited

II. Volitional Movement Within Dynamic Flexor/Extensor Synergies

Shoulder Retraction

None Partial Full

Shoulder Elevation

None Partial Full

Shoulder Abduction (90°)

None Partial Full

External rotation

None Partial Full

Elbow Flexion

None Partial Full

Forearm Supination

None Partial Full

Shoulder Adduction/ Internal Rotation

None Partial Full

Elbow Extension

None Partial Full

Forearm Pronation

None Partial Full

III. Volitional movement mixing synergies (without compensation)

Hand to Lumbar Spine hand on lap

None Partial Full

Shoulder flexion 0°-90° elbow at 0° pronation-supination 0°

None Partial Full

IV. Volitional movement with little or no synergy

Shoulder abduction 0 - 90° elbow at 0° forearm neutral

None Partial Full

Shoulder flexion 90° - 180° elbow at 0° pronation-supination 0°

None Partial Full

Pronation/ supination elbow at 0° shoulder at 30°- 90° flexion

None Partial Full

V. Normal Reflex Activity

Biceps, triceps, finger flexors

None Partial Full

B. WRIST

Stability at 15° dorsiflexion elbow at 90°, forearm pronated shoulder at 0

None Partial Full

Repeated dorsiflexion / volar flexion elbow at 90°, forearm pronated shoulder at 0°, slight finger flexion

None Partial Full

Stability at 15° dorsiflexion elbow at 0°, forearm pronated slight shoulder flexion/abduction

None Partial Full

Repeated dorsiflexion / volar flexion elbow at 0°, forearm pronated slight shoulder flexion/abduction

None Partial Full

Circumduction elbow at 90° forearm pronated shoulder at 0

None Partial Full

C. HAND

Mass flexion from full active or passive extension

None Partial Full

Mass extension from full active or passive flexion

None Partial Full

Hook grasp flexion in PIP and DIP (digits II-V) extension in MCP II-V

None Partial Full

Thumb adduction 1-st CMC, MCP, IP at 0° scrap of paper between thumb and 2-nd MCP joint

None Partial Full

Pincer grasp, opposition pulpa of the thumb against the pulpa of 2nd finger Pencil tug upward

None Partial Full

Cylinder grasp cylinder shaped object (small can) tug upward opposition of thumb and fingers

None Partial Full

Spherical grasp fingers in abduction/flexion thumb opposed tennis ball tug away

None Partial Full

D. COORDINATION/SPEED

Tremor

Marked Slight None

Dysmetria

Marked Slight None

Time Start and end with the hand on the knee

Marked Slight None

E. LOWER EXTREMITY

I. Reflex Activity

Flexors: Knee flexors

None Can be elicited

Extensors: patellar, Achilles (at least one)

None Can be elicited

II. Volitional Movement Within Synergies (supine position)

Hip Flexion

None Partial Full

Knee Flexion

None Partial Full

Ankle Dorsiflexion

None Partial Full

Hip Extension

None Partial Full

Hip Adduction

None Partial Full

Knee Extension

None Partial Full

Ankle Plantar Flexion

None Partial Full

III. Volitional movement mixing synergies

Knee flexion from actively or passively extended knee

None Partial Full

Ankle dorsiflexion compare with unaffected side

None Partial Full

IV. Volitional movement with little or no synergy

Knee flexion to 90° hip at 0°, balance support is allowed

None Partial Full

V. Normal reflex Activity

Reflex activity knee flexors, Patellar, Achilles

None Lively Normal

F. COORDINATION/SPEED

Tremor

Marked Slight None

Dysmetria

Marked Slight None

Time Start and end with the hand on the knee

Marked Slight None

G. BALANCE

Sit without Support

None Full

Parachute reaction on nonaffected side

None Full

Parachute reaction on affected side

None Full

Supported Standing

None Full

Standing without Support

None Full

Stand on Nonaffected Leg

Marked Full

Stand on Affected Leg

None Full

H. SENSATION

Upper Extremity

Light touch upper arm, forearm palmary surface of the hand

Anesthesia Hypoesthesia/Dysesthesia Normal

Position small alterations in the position Shoulder elbow wrist thumb (IP joint)

Less than 3/4 correct or absence 3/4 correct or considerable difference correct 100%, little or no difference

Lower Extremity

Light touch Leg Foot Sole

Anesthesia Hypoesthesia/Dysesthesia Normal

Position small alterations in the position Hip Knee Ankle Great Toe (IP-Joint)

Less than 3/4 correct or absence 3/4 correct or considerable difference correct 100%, little or no difference

I. PASSIVE JOINT MOTION

Upper Extremity

Shoulder Flexion (0° - 180°) Abduction (0°-90°) External rotation Internal rotation

Only a few degrees (less than 10 in shoulder) Decreased Normal

Elbow Flexion Extension

Only a few degrees Decreased Normal

Forearm Pronation Supination

Only a few degrees Decreased Normal

Wrist Flexion Extension

Only a few degrees Decreased Normal

Fingers Flexion Extension

Only a few degrees Decreased Normal

Lower Extremity

Hip Flexion Abduction External rotation Internal rotation

Only a few degrees (less than 10 in shoulder) Decreased Normal

Knee Flexion Extension

Only a few degrees Decreased Normal

Ankle Dorsiflexion Plantar Flexion

Only a few degrees Decreased Normal

Foot Pronation Extension

Only a few degrees Decreased Normal

J. JOINT PAIN

Upper Extremity

Shoulder Flexion (0° - 180°) Abduction (0°-90°) External rotation Internal rotation

Pronounced pain during movement or very marked pain at the end of the movement Some Pain No Pain

Elbow Flexion Extension

Pronounced pain Some Pain No Pain

Forearm Pronation Supination

Pronounced pain Some Pain No Pain

Wrist Flexion Extension

Pronounced pain Some Pain No Pain

Fingers Flexion Extension

Pronounced pain Some Pain No Pain

Lower Extremity

Hip Flexion Abduction External rotation Internal rotation

Pronounced pain during movement or very marked pain at the end of the movement Some Pain No Pain

Knee Flexion Extension

Pronounced pain Some Pain No Pain

Ankle Dorsiflexion Plantar Flexion

Pronounced pain Some Pain No Pain

Foot Pronation Extension

Pronounced pain Some Pain No Pain

Additional Notes