

MOTRICITY INDEX

AND

TRUNK CONTROL TEST

PATIENT'S NAME:
HOSPITAL NUMBER:

Date									
	<i>Side tested</i>								
ARM TO BE CONDUCTED IN SITTING POSITION									
1. Pinch grip <i>2.5cm cube between thumb and forefinger.</i>									
2. Elbow flexion <i>from 90°, voluntary contraction/movement.</i>									
3. Shoulder abduction <i>from against chest</i>									
LEG TO BE CONDUCTED IN SITTING POSITION									
4. Ankle dorsiflexion <i>from plantar flexed position.</i>									
5. Knee extension <i>from 90°, voluntary contraction/movement.</i>									
6. Hip flexion <i>usually from 90°</i>									
ARM SCORE (1+2+3)									
LEG SCORE (4+5+6)									
SIDE SCORE (Arm + leg)/2									
TRUNK CONTROL TEST ON THE BED									
7. Rolling to weak side									
8. Rolling to strong side									
9. Sitting up from lying down									
10. Balance in sitting position <i>On side of bed.</i>									
TRUNK SCORE (7+8+9+10)									

TEST 1 (Pinch grip)
 0 = No movement
 11 = Beginnings of prehension
 19 = Grips cube but unable to hold against gravity.
 22 = Grips cube, held against gravity but not against weak pull.
 26 = Grips cube against pull but weaker than other/normal side.
 33 = Normal pinch grip.

TESTS 2 - 6
 0 = No movement
 9 = Palpable contraction in muscle but no movement.
 14 = Movement seen but not full range/not against gravity.
 19 = Full range against gravity, not against resistance.
 25 = Movement against resistance but weaker than other side.
 33 = Normal power

TRUNK CONTROL TEST
 0 = Unable to do on own.
 12 = Able to do but only with non-muscular help (pulling on bedclothes, using arms to steady self when sitting, pulling up on monkey pole etc).
 25 = Normal