Arm Motor Fugl-Meyer

I. **REFLEXES**
   - Biceps Flexor ________
   - Triceps Extensor ________

II. **DYNAMIC MOVEMENT WITHIN FLEXOR SYNERGY**
   - Retraction ________
   - Elevation ________
   - Abduction ________
   - External Rotation *(video)* ________
   - Elbow Flexion ________
   - Supination ________

III. **DYNAMIC MOVEMENT WITHIN EXTENSOR SYNERGY**
    - Adduction/Internal Rotation *(video)* ________
    - Elbow Extension ________
    - Pronation ________

IV. **MOVEMENT MIXING FLEXION AND EXTENSION SYNERGIES**
    - Hand to lumbar spine ________
    - Shoulder flexion to 90° with elbow at 0° and forearm in neutral ________
    - Pronation/Supination with elbow at 90 ________

V. **MOVEMENTS WITH LITTLE OR NO SYNERGY DEPENDENCE**
   - Abduction to 90° ________
   - Shoulder flexion 90° to 180° with elbow at 0° and forearm in neutral ________
   - Pronation/Supination with elbow at 0° and shoulder between 30° and 90° of flexion ________
VI. **NORMAL REFLEX ACTIVITY**

Reflex activity is assessed as per initial protocol only if participant scored 6/6 on the prior three tasks (V. Movements with little or no synergy dependence)

- Test deep tendon reflexes of the biceps OR the long finger flexors and then the triceps

VII. **WRIST STABILITY AND MOBILITY**

- Wrist stability with wrist in 15° extension and elbow at 90
- Wrist mobility with the elbow at 90°
- Wrist stability with wrist in 15° extension and elbow at 0° and shoulder between 30° and 90° of flexion
- Wrist mobility with the elbow at 0° and shoulder between 30° and 90° of flexion
- Circumduction of the wrist

VIII. **HAND**

- Mass flexion
- Mass extension
- Grasp A (hook)
- Grasp B (thumb adduction)
- Grasp C (1st and 2nd digit pulpa approximation)
- Grasp D (1st and 2nd digit cylindrical)
- Grasp E (spherical)

IX. **COORDINATION/SPEED**

- Tremor
- Dysmetria
- Speed

**ARM MOTOR TOTAL SCORE:**

_______ /66 points

**COMMENTS:**  
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________