

## ASSIST SCALE

|       |                 |   |
|-------|-----------------|---|
| I     | Independent     | Requires no physical or verbal assist     |
| Mod I | Modified Indep: | Requires assistive device                 |
| S     | Supervised:     | Requires verbal cues, 100% patient effort |
| Min   | Minimal Assist: | 75-99% patient effort                     |
| Mod   | Moderate Assist | 50-74% patient effort                     |
| Max   | Maximal Assist: | 25-49% patient effort                     |
| Dep   | Dependent:      | 0-24% patient effort                      |

## ASIA SCI IMPAIRMENT SCALE

- Complete:** no sensory or motor function is preserved in the sacral segments S4-S5.
- Incomplete:** Sensory but not motor function is preserved below the neurological level and includes the sacral segments S4-S5.
- Incomplete:** Motor function is preserved below the neurological level, and the majority of key muscles below the neurological level have a muscle grade less than 3.
- Incomplete:** Motor function is preserved below the neurological level, and the majority of key muscles below the neurological level have a muscle grade greater than or equal to 3.
- Normal:** Sensory and motor function is normal.

## MANUAL MUSCLE TEST GRADES

- 5 (Normal) Maximal resistance against gravity  
 4+ (Good+) More than mod resistance but not normal  
 4 (Good) Mod resistance  
 4- (Good-) More than min but less than mod resistance  
 3+ (Fair+) Minimal resistance against gravity  
 3 (Fair) Full ROM against gravity no resistance  
 3- (Fair-) At least 1/2 ROM against gravity  
 2+(Poor+) Maximal resistance in gravity eliminated; less than 1/2 ROM against gravity.  
 2 (Poor) Full ROM gravity eliminated  
 2- (Poor-) Less than 1/2 ROM gravity eliminated
- 1 (Trace) Able to palpate contraction  
 0 (Zero) Unable to palpate contraction

## PITTING EDEMA SCALE

- 1+ Barely perceptible depression (pit)  
 2+ Easily identified depression (EID) (skin rebounds to its original contour within 15 sec)  
 3+ EID (skin rebounds to its original contour with in 15-30 sec)  
 4+ EID (rebound > 30 sec)

## MODIFIED BORG DYSPNEA SCALE

(Also for PAIN and DIZZINESS) PERCEIVED EXERTION / FATIGUE

- |    |                   |
|----|-------------------|
| 0  | Nothing at all    |
| .5 | Very, very slight |
| 1  | Very slight       |
| 2  | Slight            |
| 3  | Moderate          |
| 4  | Somewhat severe   |
| 5  | Severe            |
| 6  |                   |
| 7  | Very severe       |
| 8  |                   |
| 9  | Very, very severe |
| 10 | Maximum           |

## MODIFIED ASHWORTH SPACTICITY SCALE

- |    |   |
|----|---|
| 0  | No increase in muscle tone  |
| 1  | Slight increase in muscle tone, manifested by a catch and release or by minimum resistance at the end of the range of motion when the affected part(s) is moves in flexion or extension |
| 1+ | Slight increase in muscle tone, manifested by a slight catch, followed by minimal resistance throughout the remainder (less than half) of the range of movement                         |
| 2  | More marked increase in muscle tone throughout most of the range of movement, but affected part(s) easily moved.  |
| 3  | Considerable increase in muscle tone, passive movement difficult  |
| 4  | Affected part(s) rigid in flexion or extension.   |

## STANDING BALANCE SCALE

See Berg Balance scale of Worksheet

Less than 46/56 = fall risk

## SITTING BALANCE SCALE

Grading Definitions:

- |            |   |
|------------|---|
| Static:    | A posture without motion                                  |
| Dynamic:   | A posture during active motion                            |
| Challenge: | Not applicable for grades < fair                          |
| Grading:   | A minus grade in fair and good means inconsistent ability |

| Grade | Movement | Ability of Patient  |
|-------|----------|---|
| 0     | Static   | Needs MAX assist to maintain sitting without back support       |
|       | Dynamic  | Not applicable  |
| P     | Static   | Needs MOD assist maintain sitting without back support          |
|       | Dynamic  | Not applicable  |
| P+    | Static   | Needs MIN assist to maintain sitting without back support       |
|       | Dynamic  | Not applicable  |
| F     | Static   | Maintains without assist; unable to take any challenges         |
|       | Dynamic  | Not applicable; cannot move trunk without losing balance        |
| F+    | Static   | Able to take MIN challenges from all directions                 |
|       | Dynamic  | Maintains balance through MIN excursions of active trunk motion |
| G     | Static   | Able to take MOD challenges from all directions                 |
|       | Dynamic  | Maintains balance through MOD excursions of active trunk motion |
| G+    | Static   | Able to take MAX challenges from all directions                 |
|       | Dynamic  | Maintains balance through MAX excursions of active trunk motion |
| N     |          | No deviations seen in postures held statically or dynamically   |

## ENDURANCE

Options for measuring/documentation

- Sitting and/or Functional Activity Tolerance
- Physiological Monitoring (SPO2, HR, BP, RR)
- 6-Minute Walk Test

**FIM SCORING HINTS FOR INCREASED ACCURACY**

**Grooming:** 20% each; wash rinse and dry face, wash rinse and dry hands, comb hair, and oral care. If patient applies make-up or shaves face include this and make each worth 20%

**Dressing:** Upper body; 25 % each; one arm, other arm, over head, over trunk

**Toileting:** 33% each; clothing off, clean self, clothing on.

**Bathing:** 10% each: chest, abdomen, arm, other arm, buttocks, perineum, thigh, other thigh, leg and foot other leg and foot.

Generally if need lifting assist with 1 limb its minimal contact assistance (4). If need lifting assist with 2 limbs, it moderate assistance (3). Anytime two helpers are needed, its total assistance (1)

**Locomotion**

- <50 ft - FIM 1
- 50 - 149 ft - FIM 2
- > 150 ft - FIM 3,4,5,6 or 7

**Exception (Household Ambulation)** walks only short distance (a minimum of 50ft) with or without a device. Could take more than reasonable time, or there are safety considerations, or operates a manual or electric wheelchair independently only short distances (minimum of 50 ft)

**Exception (Household Ambulation)** Goes up and down 4 to 6 stairs independently, with or without a device. Could take more than reasonable time or there are safety considerations. Grade as 6E

- Stairs; Goes up and down 12 - 14 stairs (one flight)
- < 4 - 6 stairs - FIM 1
  - 4 - 6 stairs - FIM 2
  - 12 - 14 stairs - FIM 3,4,5,6 or 7

**APPROXIMATE AMBULATION DISTANCE IN LBMCC**

**Rehab Gym Area:**

- Drinking fountain to drink fountain = 124 ft
- General Rehab Gym Circle = 95 ft
- SCI Gym to Main Stairs = 195 ft

**Station I and II Areas:**

- Rehab Unit Square = 500 ft
- One hallway of Rehab Unit = 125 ft
- Station I to General Rehab/Neuro Gym doors = 180 ft
- Garden Courtyard Perimeter = 200 ft
- Rehab Lobby Doors to curb = 100 ft

**Second Floor Rehab Area**

- Pulmonary Rehab to Station A = 110 ft
- Station A to Station B = 135 ft

- Balance Clinic to elevator = 170 ft

**Acute Tower**

- Double doors to end of wing = 150 ft
- Bed B to door in patient rooms = 15 ft

**DEFINITION OF COMMUNITY AMBULATION**

Community Ambulation: 600 m = 196 ft = 656 yards

Limited Community: 300 m = 984 ft = 328 yards

**FIM SCALE AND IRF-PAI SCORING**

**FIM LEVELS**

7. Complete Independence (Timely, Safely)
6. Modified Independence (Device) Not timely or safely
5. Supervision (Subject 100%)
4. Minimal Assistance (Subject 75% or more)
3. Moderate Assistance (Subject 50% - 74% or more)
2. Maximal Assistance (Subject 25% - 49% or more)
1. Total Assistance (Subject less than 25%)
0. Activity did not occur

**Rappaport Scale Coma/Near Coma**

|   |             |               |
|---|-------------|---------------|
| 0 | 0 - 0.89    | No coma       |
| 1 | 0.90 - 2.   | Near coma     |
| 2 | 2.01 - 2.89 | Moderate coma |
| 3 | 2.90 - 3.49 | Marked coma   |
| 4 | 3.5 - 4.0   | Extreme coma  |

**Definition for:**

|        |      |              |          |         |
|--------|------|--------------|----------|---------|
| MILD   | BI > | Based on GCS | Mild =   | 13 - 15 |
| MOD    |      |              | Mod =    | 8 - 12  |
| SEVERE |      |              | Severe = | <8      |