

FUNCTIONAL MOTOR ASSESSMENT

The assessment is divided into four major areas: 1) dexterity, 2) posture, 3) mobility, and 4) sensory awareness. Each of these areas contains three to six test items. In administering the assessment, observe the participant as he/she performs each test item. Each test item is further divided into a hierarchical progression of subtasks from lowest to highest ability. Score the participant by checking the box located to the left of each subtask which the participant can perform independently. If there is some question as to the participant's competence in a particular skill, require the participant to perform the task three out of five times.

Name: _____
DOB: _____
Date: _____
Examiner: _____

Physical Handicap:
Cerebral Palsy _____
Spina Bifida _____
Muscular Dystrophy _____
Other (please list) _____

Mental Retardation:
Mild _____
Moderate _____
Severe _____
Profound _____

Cerebral Palsy Type:
Spastic _____
Athetoid _____
Ataxic _____
Mixed _____
Rigid _____

Postural Disabilities:
Scoliosis _____
Hip Dislocations _____
Contractures _____
Brittle Bones _____
Other (please list) _____

Topography of Disability:
Paraplegia _____
Hemiplegia _____
Diplegia _____
Quadriplegia _____

Other Handicaps:
Visually Impaired _____
Hearing Impaired _____
Seizure Disorder _____
Other (please list) _____

Severity of Disability:
Mild _____
Moderate _____
Severe _____
Rigid _____

Communication Skills:
Verbal _____
Communication Board _____
Sign Language _____
Other (please list) _____

FUNCTIONAL MOTOR ASSESSMENT

I. DEXTERITY

A. REACHING

- _____ Reaches for object with less than 5° range of motion
- _____ Reaches for object by extending arm to less than 90°
- _____ Reaches for object by extending arm to less than 180°
- _____ Reaches for object by extending arm to less than 180° with open hand

B. GRASPING

- _____ Shows some movement in fingers
- _____ Shows some movement in fingers in an attempt to grasp
- _____ Holds object when it is placed in the hand for less than 5 seconds
- _____ Holds object when it is placed in the hand for less than 15 seconds
- _____ Holds object when it is placed in the hand for less than 20 seconds
- _____ Opens fingers in an attempt to grasp
- _____ Opens then closes fingers around object: cannot hold
- _____ Opens then closes fingers around object: holds for less than 5 seconds
- _____ Opens then closes fingers around object: holds for less than 15 seconds
- _____ Holds object while moving arm

C. RELASING

- _____ Needs assistance to release object
- _____ Releases object without control in less than 1 minute
- _____ Releases object by shaking entire arm
- _____ Releases object without control in less than 30 seconds
- _____ Releases object away from body
- _____ Releases object 10-15 centimeters away from body
- _____ Drops object into box 10-15 centimeters away from body
- _____ Drops object into box 20-30 centimeters away from body
- _____ Tosses object less than 15 centimeters away from body
- _____ Tosses object less than 30 centimeters away from body
- _____ Tosses object less than 60 centimeters away from body
- _____ Tosses object and hits target 60 centimeters away 25% of the time

D. STRIKING

- _____ Attempts to touch ball that is placed next to hand
- _____ Touches ball that is placed next to hand
- _____ Pushes ball off batting tee with hand
- _____ Hits ball off tee with striking instrument

E. KICKING

- _____ Attempts to touch ball with foot
- _____ Touches ball with foot
- _____ Pushes ball forward with foot
- _____ Kicks ball forward less than one meter
- _____ Kicks ball forward three meters or more

F. PUSHING

- _____ Attempts to touch ball placed on lap tray or table
- _____ Touches ball placed on lap tray or on table top
- _____ Manipulates ball in any fashion
- _____ Pushes ball forward accidentally
- _____ Pushes ball forward purposefully

II. POSTURAL CONTROL

A. HEAD CONTROL (best position)

- Has random head movements
- Lifts head slightly
- Aligns head with body for less than 5 seconds
- Aligns head for less than 15 seconds
- Aligns head for less than 30 seconds
- Turns head less than 5 degrees towards object or sound
- Turns head less than 20 degrees towards object or sound
- Makes random movements with head stick
- Attempts to touch object with head stick
- Touches 20x28 centimeter object with head stick
- Touches 10-15 centimeter object with head stick
- Uses head stick for communication
- Touches object with hand
- Manipulates object or switch for less than 5 seconds
- Manipulates object or switch for less than 15 seconds
- Manipulates object or switch for less than 30 seconds
- Uses feet for recreational play with toys or switches

B. PRONE POSITION (lying on stomach)

- Shows random movement in prone position
- Changes head from side to side
- Lifts head off mat for less than 15 seconds
- Attempts to use arms to lift body off mat
- Pushes body less than 5 centimeters off mat
- Pushes body less than 10 centimeters off mat
- Props on forearms less than 5 seconds
- Props on forearms less than 15 seconds
- Props on hands with arms bent for less than 5 seconds
- Props on hands with arms bent for less than 15 seconds
- Props on one hand for less than 5 seconds
- Props on one hand for less than 15 seconds
- Reaches for object with one hand while propping on other hand

C. PRONE OVER WEDGE

- Shows random movement over wedge
- Moves head from side to side
- Aligns head with body for less than 5 seconds
- Aligns head with body for less than 15 seconds
- Aligns head with body for less than 30 seconds
- Moves arms randomly over wedge
- Attempts to reach for object
- Touches object with hand
- Manipulates object or switch for less than 5 seconds
- Manipulates object or switch for less than 15 seconds
- Uses prone position over wedge for recreational play with toys or switches

D. SUPINE (lying on back)

- Shows random movement in supine position
- Moves head from side to side

III. MOBILITY

- ___ Moves arms randomly in supine position
- ___ Attempts to reach for object
- ___ Touches object with hand
- ___ Manipulates object or switch for less than 5 seconds
- ___ Manipulates object or switch for less than 15 seconds
- ___ Uses supine position for recreational play with toys or switches

A. ROLLING

- ___ Attempts to roll from stomach to back
- ___ Rolls from stomach to back using extensor pattern
- ___ Rolls from stomach to back using minimal extensor pattern
- ___ Rolls from stomach to back using abnormal pattern
- ___ Rolls from stomach to back and then from back to stomach
- ___ Rolls over once towards a sound or object
- ___ Rolls less than 91 centimeters towards a sound or object
- ___ Uses rolling for mobility

B. CRAWLING ON STOMACH

- ___ On stomach, moves arms and legs randomly
- ___ Attempts to push with legs or pull with arms
- ___ Prone on scooter board, moves forward or backward using arms and/or legs
- ___ Moves forward or backward less than 91 centimeters on scooter
- ___ In prone, uses scooter for mobility
- ___ Prone on the floor, moves body less than 30 centimeters
- ___ Moves body less than 61 centimeters towards a sound or object
- ___ Uses crawling on floor for mobility

C. ON BACK

- ___ On back, moves arms and legs randomly
- ___ Attempts to push with feet
- ___ Supine on scooter, moves forward or backward by pushing with feet
- ___ Moves forward or backward less than 91 centimeters on scooter
- ___ In supine position, uses scooter for mobility
- ___ Supine on floor, moves body less than 30 centimeters
- ___ Moves body less than 61 centimeters towards a sound or object
- ___ Uses back, lying and pushing with legs for mobility

D. AMBULATION

- ___ Can stand with support (mechanical or other)
- ___ Can stand without support
- ___ Can walk with mechanical support
- ___ Can take steps without support
- ___ Can walk independently 25 meters
- ___ Can run without support
- ___ Ascends stairs with support
- ___ Ascends stairs independently two feet per step
- ___ Ascends stairs independently one foot per step
- ___ Descends stairs with support
- ___ Descends stairs independently two feet per step
- ___ Descends stairs independently one foot per step

E. ELECTRIC WHEELCHAIR (Optional)

- ___ Attempts to make wheelchair move
- ___ Makes wheelchair move for less than 5 seconds

IV. SENSORY AWARENESS

F. MANUAL WHEELCHAIR (Optional)

- ____ Makes wheelchair move for less than 15 seconds
- ____ Makes wheelchair move for less than 1.52 meters
- ____ Makes wheelchair move for less than 3.04 meters
- ____ Makes wheelchair move forward and backward less than 3.04 meters
- ____ Maneuvers wheelchair around one obstacle
- ____ Maneuvers wheelchair around two obstacles
- ____ Uses wheelchair for mobility in school
- ____ Uses wheelchair for mobility and recreation

____ Places hand on wheels of wheelchair

- ____ Pushes wheelchair with assistance
- ____ Pushes wheelchair forward one rotation
- ____ Pushes wheelchair forward less than one meter
- ____ Pushes wheelchair forward three meters or more

A. VISUAL MOTOR

- ____ Looks in direction of object for less than 5 seconds
- ____ Looks in direction of object for less than 15 seconds
- ____ Follows slowly moving object with eyes 10° to side of head
- ____ Follows slowly moving object with eyes 20° to side of head
- ____ Follows slowly moving object by moving head and eyes to 20° to either side of head
- ____ Looks at and attempts to reach for stationary object
- ____ Looks at, reaches, and touches stationary object
- ____ Looks at and attempts to reach for moving object
- ____ Looks at and attempts to reach for moving object
- ____ Enjoys watching objects or people for recreation

B. AUDITORY MOTOR

- ____ Shows some indication of awareness of sound
- ____ Looks in direction of sound for less than 5 seconds
- ____ Looks in direction of sound for less than 15 seconds
- ____ Enjoys listening to music for recreation
- ____ Attempts to reach for sound or musical toy
- ____ Reaches and touches musical toy
- ____ Enjoys manipulating musical toys, musical instruments, or tape players for recreation

C. TACTUAL AWARENESS

- ____ Pulls away or fusses at contact in less than 5 seconds
- ____ Pulls away or fusses at contact in less than 15 seconds
- ____ Allows body part to be stroked
- ____ Stroking body parts is soothing
- ____ Enjoys being touched with a variety of textures
- ____ Explores textures with hands with assistance
- ____ Explores object or textures with hands independently
- ____ Uses touching and exploring of objects for recreation

