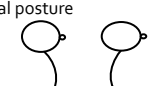
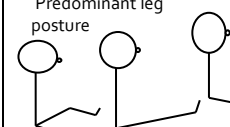


Name	DOB
Date of assessment	Time taken to complete
Date of spinal surgery	Evaluator

Please circle **highest current** level of independent mobility LBC = Limited by contracture

None Rolls Bottom shuffles creeps /crawls Walks with crutches / frame /rollator Walks with KAFO's / AFO's Independent walking

Comment.....

Test	Instruction	2	1	0	L B C	S =	Comments
1 Plinth /chair sitting Can be over edge of plinth or on plinth / floor. Record best you see	<i>Can you sit on the plinth /chair without using your hands for support for a count of 3?</i>	Able to sit using no hand support for a count of 3 or more	Needs one hand support to maintain balance for a count of 3	Needs two hand support to maintain balance Unable to sit			Item 1 Predominant spinal posture  Predominant leg posture  Circle predominant spinal posture and leg position
2 Long sitting Legs straight = knees maybe flexed, knee caps pointing upwards, ankles <10cm apart	<i>Can you sit on the floor/plinth without using your hands for support and with your legs straight for a count of 3? Don't let your legs roll out</i>	Able to sit on floor/plinth with legs straight without hand support for a count of 3	Able to sit on floor/plinth with legs straight propping with one hand support for a count of 3	Able to long sit using two hands for a count of 3 Or unable to sit with straight legs			
3 One hand to head in sitting Hand touch head above level of ears	<i>Can you get one hand to your head (above your ear) without bending your neck?</i>	Able to bring one hand to head – arms free from side. Head and trunk remain stable	Can only bring hand to head by flexing head/trunk or by crawling hand up to top of head	Unable to bring hand to head even using head and trunk movement			R / L
4 Two hands to head in sitting Hands touch head above level of ear	<i>Can you lift both hands up at the same time, to your head, without bending your neck?</i>	Able to place both hands on head at the same time – arms free from side. Head and trunk remain stable	Able to place hands on head but only using head flexion or side tilt or crawling hands up or one at a time	Unable to place both hands on head			
5 Supine to side-lying	<i>Can you roll onto your side in both directions?</i>	Able to ½ roll onto side from supine both ways	Can ½ roll onto side only one way R / L	Unable to ½ roll either way			
6 Rolls prone to supine over R	<i>Can you roll from your tummy to your back in both directions? Try not to use your hands</i>	Rolls fully into supine with free arms to the right	Rolls fully into supine by pulling/pushing on arms	Unable to roll into supine			
7 Rolls prone to supine over L		Rolls fully into supine with free arms to the left	Rolls fully into supine by pulling/pushing on arms	Unable to roll into supine			
8 Rolls supine to prone over R	<i>Can you roll from your back to your tummy in both directions? Try not to use your hands</i>	Rolls fully into prone with free arms to the right	Rolls fully into prone by pulling/ pushing on arms	Unable to roll into prone			
9 Rolls supine to prone over L		Rolls fully into prone with free arms to the left	Rolls fully into prone by pulling/ pushing on arms	Unable to turn into prone			
10 Sitting to lying	<i>Can you lie down in a controlled/safe way from sitting?</i>	Able to lie down through side lying or midline using clothes in a controlled/safe way	Able to lie down by flopping forwards and rolling sideways, or through prone in a controlled/safe way	Unable or completes in uncontrolled/unsafe way			
11 Props on forearms	<i>Can you prop yourself on your forearms with your head up and hold for a count of 3?</i>	Able to achieve prop on forearms and hold head up independently for a count of 3	Holds position for a count of 3 when placed	Unable or hold for less than a count of 3			
12 Lifts head from prone	<i>Can you lift your head up keeping your arms by your side for a count of 3?</i>	Able to lift head upright through midline in prone, arms down by side for a count of 3	Lifts head upright with arms in a mid position for a count of 3	Unable or lifts head for less than a count of 3			
13 Prop on extended arms	<i>Can you prop yourself up with straight arms for a count of 3?</i>	Able to prop on extended arms, head up for a count of 3	Can prop on extended arms if placed for a count of 3	Unable			
14 Lying to sitting	<i>Can you get from lying to sitting without rolling to your tummy?</i>	Able by using supine/side lying	Turns into prone or towards floor	Unable			
15 Four-point kneeling	<i>Can you get onto your hands and knees with your head up and hold for a count of 3?</i>	Achieves four-point kneeling. Head up for a count of 3	Holds position when placed for a count of 3	Unable			

Test	Instruction	2	1	0	L B C	S =	Comments
							S = score
16 Crawling	Can you crawl forwards?	Able to crawl forwards – moves all four points twice or more	Moves all four points only once	Unable			
17 Lifts head from supine	Can you lift your head to look at your toes keeping your arms folded for a count of 3?	In supine, can lift head through neck flexion in mid-line. Chin moves towards chest. Held for a count of 3	Head is lifted but through side flexion, using protraction, or with no neck flexion. Held for a count of 3	Unable			
18 Supported standing	Can you stand using one hand for support for a count of 3?	Can stand with one hand support for a count of 3	Able to stand with one hand support and minimal trunk support (not hip) for a count of 3	Can stand with one hand support but needs knee/hip support in addition for a count of 3 Or unable			
19 Stand unsupported	Can you stand without holding onto anything for a count of 3?	Can stand independently for more than a count of 3	Stands independently for a count of 3	Stands only momentarily (less than a count of 3) Or unable			
20 Stepping	Can you walk without using any help or aids? Show me	Able to take more than 4 steps unaided	Able to take 2 – 4 steps unaided	Unable			
SCORE		No of 2's =	No of 1's =	No of 0's =	TOTAL =		/40
Comments							

iSMAC 29/Mar/19								Hammersmith Functional Motor Scale Expanded for SMA (HFMSE) <i>add-on module</i>							
Test	Instruction	2	1	0	L B C	S =	Comments S = score								
21 Right hip flexion in supine	Can you bring your right knee to your chest? Try to go as far as you can	Full hip flexion achieved Full range is defined as >110°	Initiates right hip and knee flexion (> 10% but does not achieve full range (<110°))	Unable											
22 Left hip flexion in supine	Can you bring your left knee to your chest? Try to go as far as you can	Full hip flexion achieved Full range is defined as >110°	Initiates left hip and knee flexion (> 10% but does not achieve full range (<110°))	Unable											
23 High kneeling to right half kneel	Can you bring your left leg up so that your foot is flat on the ground without using your arms and hold for a count of 10?	Able to achieve half kneel (with or without arm support) and maintains position without arm support for a count of 10	Maintains half kneel with one arm support for a count of 10	Unable											
24 High kneeling to left half kneel	Can you bring your right leg up so that your foot is flat on the ground without using your arms and hold for a count of 10?	Able to achieve half kneel (with or without arm support) and maintains position without arm support for a count of 10	Maintains half kneel with one arm support for a count of 10	Unable											
25 High kneeling to stand leading with left leg	Can you stand up from this position starting with your left leg without using your hands? May need demonstration	Able to stand with arms free	Able to shift weight off both knees (with or without arm support)	Unable											
26 High kneeling to stand leading with right leg	Can you stand up from this position starting with your right leg without using your hands? May need demonstration	Able to stand with arms free	Able to shift weight off both knees (with or without arm support)	Unable											
27 Stand to sit	Can you sit on the floor, in a controlled/safe way from standing? Try not to use your arms	Able to sit down with arms free and no collapse in a controlled manner	Sits on floor using hands on floor/body or crashes	Unable											
28 Squat	Can you squat? Pretend you are going to sit in a very low seat	Squats hips and knees flexed to greater than 90° with arms free	Initiates squat in both knees (10° to <90°), uses arm support	Unable to control or initiate											
29 Jump 12" forward	Can you jump as far as you can, with both feet, from this line all of the way to the other line?	Jumps at least 12", both feet simultaneously	Jumps between 2-11", both feet simultaneously	Unable to initiate jump with both feet simultaneously											
30 Ascends stairs with rail	Can you walk up the steps? You can use one railing	Ascends 4 steps with railing, alternating feet	Ascends 2-4 steps, one rail, any pattern	Unable to ascend 2 steps using one rail											
31 Descends stairs with rail	Can you walk down the steps? You can use one railing	Descends four steps, with railing, alternating feet	Descends 2-4 steps, one rail, any pattern	Unable to descend 2 steps using one rail											
32 Ascends stairs without rail	Can you walk up the steps? This time try not to use the railing	Independently (without support/rail) ascends four steps, alternating feet	Ascends 2-4 steps, arms free, any pattern	Unable to ascend 2 steps arms free											
33 Descends stairs without rail	Can you walk down the steps? This time try not to use the railing	Independently (without support/rail) descends four steps, alternating feet	Descends 2-4 steps, arms free, any pattern	Unable to descend 2 steps arms free											
SCORE		No of 2's =	No of 1's =	No of 0's =			TOTAL = /66								