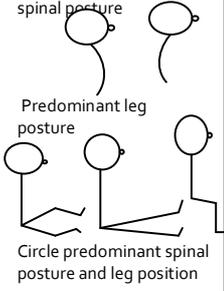


Smartnet & PNCR		Hammersmith Functional Motor Scale for SMA (HFMS)					07/03/09	
Name		DOB						
Date of assessment		Time taken to complete						
Date of spinal surgery		Evaluator						
Please circle <b>highest current</b> level of independent mobility							LBC = Limited by contracture	
None	Rolls	Bottom 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	
								S = score
<b>1 Plinth /chair sitting</b> Can be over edge of plinth or on plinth / floor. Record best you see	Can you sit on the plinth /chair without using your hands for support for a count of 3?(Back unsupported /feet +/- support)	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			<b>Item 1</b> Predominant spinal posture  Predominant leg posture Circle predominant spinal posture and leg position	
<b>2 Long sitting</b> Legs straight = knees maybe flexed, knee caps pointing upwards, ankles <10cm apart	Can you sit on the floor/plinth without using your hands for support and with your legs straight for a count of 3?	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				
<b>3 One hand to head in sitting</b> Hand touch head above level of ears	Can you get one hand to your head without bending your neck	Able to bring one hand to head. Head and trunk remain stable	Can only bring hand to head by flexing head	Unable to bring hand to head even using head and trunk movement			R / L	
<b>4 Two hands to head in sitting</b>  Hands touch head above level of ear	Can you lift both hands up at the same time, to your head, without bending your neck?	Able to place both hands on head 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				
<b>5 Supine to side-lying</b>	Can you roll onto your side in both directions? Try not to use your hands	Able to ½ roll from supine both ways	Can ½ roll only one way R / L	Unable to half roll either way			Shoulders perpendicular to floor. Trunk and hips in line with body	
<b>6 Rolls prone to supine over R</b>	Can you roll from your tummy to your back in both directions?	Turns to supine with free arms to the right	Turns to supine using arms to push/ pull with	Unable to turn into supine				
<b>7 Rolls prone to supine over L</b>		Turns into supine with free arms to the left	Turns to supine using arms to push/ pull with	Unable to turn into supine				
<b>8 Rolls supine to prone over R</b>	Can you roll from your back to your front in both directions?	Turns to prone with free arms to the right	Turns to prone by pulling/ pushing on arms	Unable to turn into prone				
<b>9 Rolls supine to prone over L</b>		Turns to prone with free arms to the left	Turns to prone by pulling/ pushing on arms	Unable to turn into prone				
<b>10 Sitting to lying</b>	Can you lie down in a controlled way from sitting?	Able to lie down in a controlled fashion through side lying or using clothes	Able to lie down by flopping forwards and rolling sideways	Unable or falls over				
<b>11 Props on forearms</b>	Can you prop yourself on your forearms and hold for a count of 3?	Able to achieve prop on elbows with head up for a count of 3	Holds position when placed for a count of 3	Unable				
<b>12 Lifts head from prone</b>	Can you lift you head up keeping your arms by your side for a count of 3?	Able to lift head up in prone arms by side for a count of 3	Lift head with arms in a forward position for a count of 3	Unable				
<b>13 Prop on extended arms</b>	Can you prop yourself up with straight arms for a count of 3?	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				
<b>14 Lying to sitting</b>	Can you get from lying to sitting without rolling to your tummy?	Able by using side lying	Turns into prone or towards floor	Unable				
<b>15 Four-point kneeling</b>	Can you get onto your hands and knees with your head up and hold for a count of 3?	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, head must be lifted in mid-line. Chin moves towards chest. Held for a count of 3	Head is lifted but through side flexion 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 using one hand support for a count of 3	Able to stand with minimal trunk support (not hip) for a count of 3	Can stand with 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 the 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							

PNCR Expanded Hammersmith Functional Motor Scale for SMA (HFMS) <i>add-on module</i>							07/03/09
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?	Full hip flexion achieved	Initiates right hip and knee flexion (more than 10% of available range of motion)	Unable			
22 Left hip flexion in supine	Can you bring your left knee to your chest?	Full hip flexion achieved	Initiates left hip and knee flexion (more than 10% of available range of motion)	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?	Arms used for transition, maintains arms free in half kneel for a count of 10	Maintains half kneel with 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?	Arms used for transition, maintains arms free in half kneel for a count of 10	Maintains half kneel with 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 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 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 way? Try not to use your arms.	Able to sit down with arms free and no collapse	Sits on floor but uses arms or crashes	Unable			
28 Squat	Can you squat? Pretend you are going to sit in a very low seat.	Squats with arms free (at least 90° of hip and knee flexion)	Initiates squat (more than 10%), uses arm support	Unable to 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 stairs with railing, alternating feet	Ascends 2-4 stairs, one rail, any pattern	Unable to ascend 2 stairs one rail			
31 Descends stairs with rail	Can you walk down the steps? You can use one railing	Descends four stairs, with railing, alternating feet	Descends 2-4 stairs, one rail, any pattern	Unable to descend 2 stairs with one rail			
32 Ascends stairs without rail	Can you walk up the steps? This time try not to use the railing	Ascends four stairs, arms free, alternating feet	Ascends 2-4 stairs, arms free, any pattern	Unable to ascend 2 stairs arms free			
33 Descends stairs without rail	Can you walk down the steps? This time try not to use the railing	Descends four stairs, arms free, alternating feet	Descends 2-4 stairs, arms free, any pattern	Unable to descend 2 stairs arms free			
SCORE		No of 2's =	No of 1's =	No of 0's =			TOTAL = /66