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IF LABEL NOT AVAILABLE, WRITE IN PT NAME & MR#

CLINICAL RATING SCALE FOR TREMOR FLOWSHEET

Age: _____ Sex: _____ R/L Handed: _____

Have you had caffeine during the past 8 hrs? Y N Have you had alcohol during the past 8 hrs? Y N

PART A: Tremor Location/Severity Rating (1-10):

1-10. **Tremor:** rate tremor

1. **At rest** (in repose). For head and trunk, when lying down.
2. **With posture** holding (UE—arms outstretched, wrists mildly extended, fingers spread apart; LE—legs flexed at hips and knees), foot dorsiflexed; tongue—when protruded; head and trunk—when sitting or standing).
3. **With action and intention** (UE—finger to nose and other actions; LE—toe to finger in a flexed posture)
 - 0 = None
 - 1 = Slight; barely perceivable. May be intermittent.
 - 2 = Moderate; amplitude <2 cm, May be intermittent.
 - 3 = Marked; amplitude 2-4 cm.
 - 4 = Severe; amplitude >4 cm.

	Rest	Posture	Action/Intention	Total
1. Face tremor			XXXXXXXX	
2. Tongue tremor			XXXXXXXX	
3. Voice tremor	XXXX			
4. Head tremor			XXXXXXXX	
5. RUE tremor				
6. LUE tremor				
7. Trunk tremor			XXXXXXXX	
8. RLE tremor				
9. LLE tremor				
10. Orthostatic (trunk/legs when standing)	XXXX		XXXXX	

SUBTOTAL A: _____

PART B: Specific Motor Tasks/Functioning Rating (11-15):

11. **Handwriting:** Have patient write the standard sentence “This is a sample of my best handwriting,” sign his or her name, and write the date.

- 0 = Normal
- 1 = Mildly abnormal. Slightly untidy, tremulous.
- 2 = Moderately abnormal. Legible, but with considerable tremor.
- 3 = Markedly abnormal. Illegible.
- 4 = Severely abnormal. Unable to keep pencil or pen on paper without holding hand down with the other hand.

12-14. **Drawing:** (See parts A, B, and C of Figure 16.1): Ask the patient to join both points of the various drawings without crossing the lines. Test each hand, beginning with the lesser involved, without leaning the hand or arm on the table.

- 0 = Normal
- 1 = Slightly tremulous. May cross lines occasionally.
- 2 = Moderately tremulous or crosses lines frequently.
- 3 = Accomplishes the task with great difficulty. Many errors.
- 4 = Unable to complete drawing.

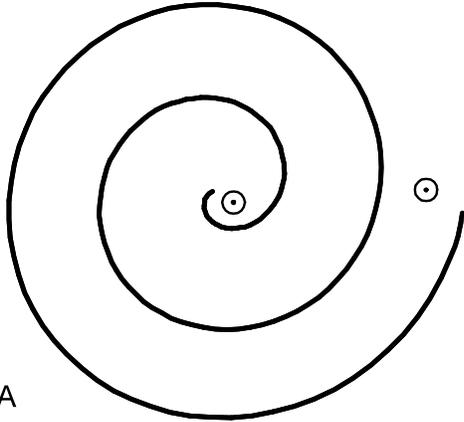


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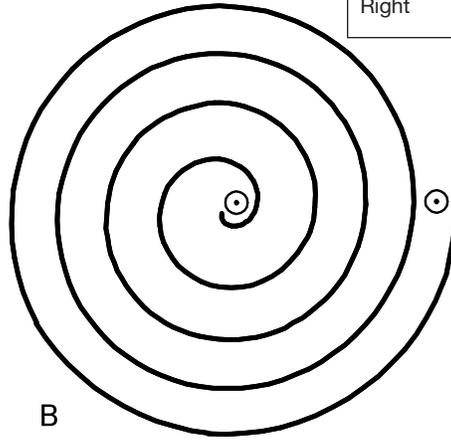
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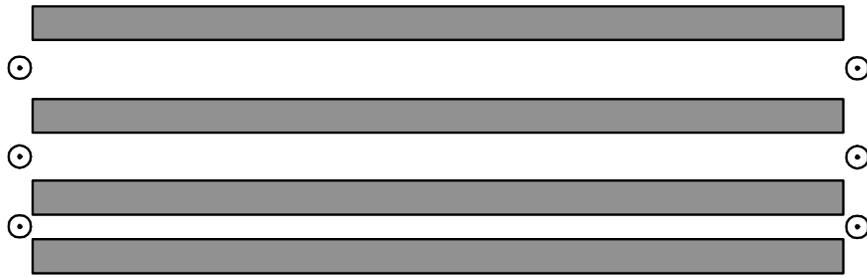
Right



A

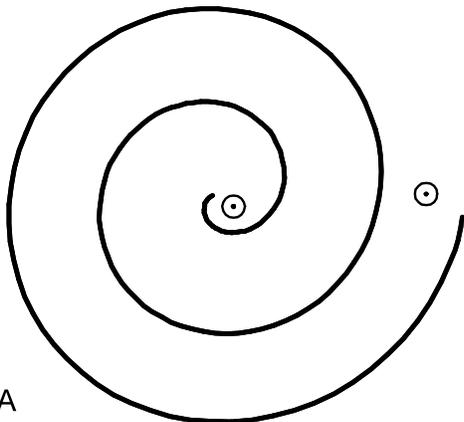


B

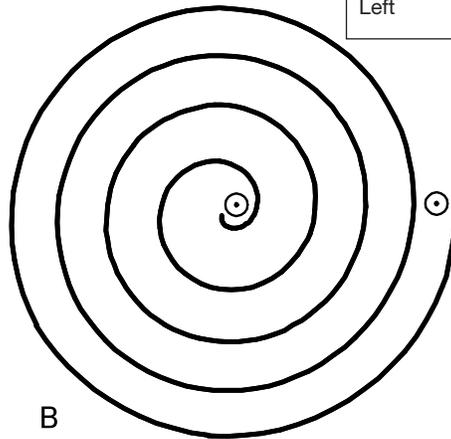


C

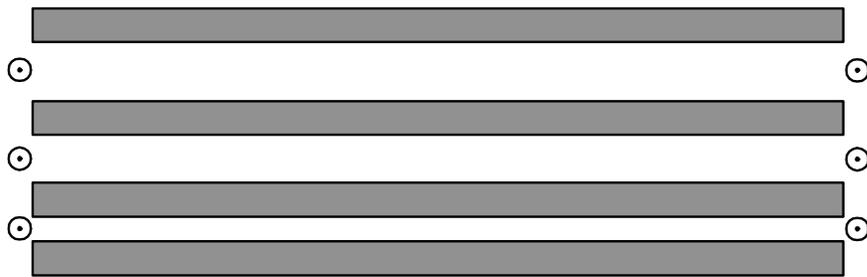
Left



A



B



C



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15. **Pouring:** Use firm plastic cups (8 cm tall), filled with water to 1 cm from top. Ask patient to pour water from one cup to another. Test each hand separately.

- 0 = Normal
- 1 = More careful than a person without tremor, but no water is spilled.
- 2 = Spills a small amount of water (up to 10% of total amount).
- 3 = Spills a considerable amount of water (10-50%).
- 4 = Unable to pour without spilling most of the water.

	Right	Left	Total
11. Handwriting (<i>Dominant only</i>)			
12. Drawing A			
13. Drawing B			
14. Drawing C			
15. Pouring			

SUBTOTAL B: _____

PART C: Functional Disabilities Resulting from:

16. **Speaking:** This includes spastic dysphonia if present.

- 0 = Normal
- 1 = Mild voice tremulousness when nervous only.
- 2 = Mild voice tremor, constant.
- 3 = Moderate voice tremor.
- 4 = Severe voice tremor. Some words difficult to understand.

17. **Feeding (*other than liquids*):**

- 0 = Normal
- 1 = Mildly abnormal. Can bring all solids to mouth, spilling only rarely.
- 2 = Moderately abnormal. Frequent spills of peas and similar foods. May bring head at least halfway to meet food.
- 3 = Markedly abnormal. Unable to cut or uses two hands to feed.
- 4 = Severely abnormal. Needs help to feed.

18. **Bringing liquids to mouth:**

- 0 = Normal
- 1 = Mildly abnormal. Can still use a spoon, but not if it is completely full.
- 2 = Moderately abnormal. Unable to use a spoon. Uses cup or glass.
- 3 = Markedly abnormal. Can drink from cup or glass, but needs two hands.
- 4 = Severely abnormal. Must use a straw.

19. **Hygiene:**

- 0 = Normal
- 1 = Mildly abnormal. Able to do everything, but is more careful than the average person.
- 2 = Moderately abnormal. Able to do everything, but with errors; uses electric razor because of tremor.
- 3 = Markedly abnormal. Unable to do most fine tasks, such as putting on lipstick or shaving (*even with electric shaver*), unless using two hands.
- 4 = Severely abnormal. Unable to do any fine-movement tasks.

20. **Dressing:**

- 0 = Normal
- 1 = Mildly abnormal. Able to do everything, but is more careful than the average person.
- 2 = Moderately abnormal. Able to do everything, but with errors.
- 3 = Markedly abnormal. Needs some assistance with buttoning or other activities, such as tying shoelaces.
- 4 = Severely abnormal. Requires assistance even for gross motor activities.



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21. Writing:

- 0 = Normal
- 1 = Mildly abnormal. Legible. Continues to write letters.
- 2 = Moderately abnormal. Legible, but no longer writes letters.
- 3 = Markedly abnormal. Illegible.
- 4 = Severely abnormal. Unable to sign checks or other documents requiring signature.

22. Working:

- 0 = Tremor does not interfere with the job.
- 1 = Able to work, but needs to be more careful than the average person.
- 2 = Able to do everything, but with errors. Poorer than usual performance because of tremor.
- 3 = Unable to do regular job. May have changed to a different job because of tremor. Tremor limits housework, such as ironing.
- 4 = Unable to do any outside job; housework very limited.

23. Social activities:

- 0 = No changes.
- 1 = Minimal change in social activities, still socializes.
- 2 = Moderate change in social activities, avoids encounters with strangers.
- 3 = Marked change in social activities, avoids encounters with friends.
- 4 = Severe change in social activities, avoids any public encounters.

16. Speaking	
17. Eating	
18. Drinking	
19. Hygiene	
20. Dressing	
21. Writing	
22. Working	
23. Social Activities	

SUBTOTAL C: _____

TOTAL SCORE: _____

Performed by _____

Tester's Signature: _____ Date: _____ Time: _____