
GRASSP-M SCORESHEETS

SCORESHEETS

Position of Testing (Check One):

Sitting upright in seating system	Sitting upright in bed	Half sitting in bed (head of bed up 45-60°)	Supine in bed

Subtest 1 – STRENGTH

Right	Muscles	Left
	M. deltoideus, pars acomialis	
	M. biceps brachii	
	M. triceps brachii	
	M.extensor carpi radialis long/brevis	
	M. extensor digitorum dig 3&4	
	M. opponens pollicis	
	M. flexor pollicis longus	
	M. flexor digitorum profundus dig3	
	M. abductor digiti minimi	
	M. interosseus dorsalis	
/50		/50

Grading for Strength Testing – Manual Muscle Testing (MMT)

- 0 - M0 - No palpable or visible muscle contraction
- 1 - M1 - Palpable or visible muscle contraction
- 2 - M2 - Moves full ROM with gravity eliminated¹
- 3 - M3 - Moves full ROM against gravity without added resistance¹
- 4 - M4 - Holds position of resistance against moderate resistance (moderate = more than M3, less than M5)
- 5 - M5 - Holds position of resistance against maximal resistance (relation to patient age/gender)

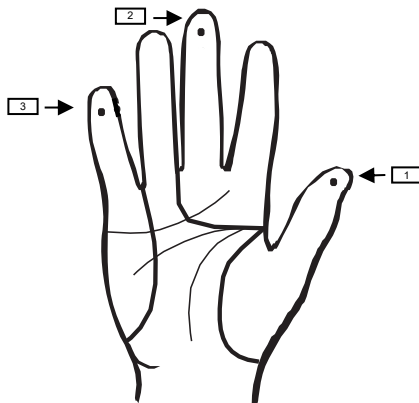
¹If available pROM = 50% or more of the expected pROM, it can be assessed as full pROM. Expected pROM defined in Table 2

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Subtest 2 - Sensation

Right Hand								Left Hand								
Score	3.61 (4)	3.61 (4)	3.61 (4)	4.31 (3)	4.56 (2)	6.65 (1)	NR (0)	Area	3.61 (4)	3.61 (4)	3.61 (4)	4.31 (3)	4.56 (2)	6.65 (1)	NR (0)	Score
								1								
								2								
								3								
/12															/12	

Diagram for Sensation Test Locations



COMMENTS

SCORESHEETS

Subtest 3 - Dexterity

	Completeness (/2)	Grasp (/4)	Drops (/3)	Total (/9)	Time (sec)
Right - Trial 1					
Right - Trial 2					
Left - Trial 1					
Left - Trial 2					