Form B3: Unified Parkinson's Disease Rating Scale (UPDRS[1]) - Motor Exam

ADRC: _____ PTID: _____ Form date: __ __ / __ __ / __ __ __ __ Visit #: _____ Examiner's initials: _____

Language:	Mode:	Key (not completed reason):
☐ 1 English ☐ 2 Spanish	☐ 1 In-person ☐ 0 Not completed *(reason):* __ __	*94=Remote visit* *95=Physical problem* *96=Cognitive/behavioral problem* *97=Other* *98=Verbal refusal*

INSTRUCTIONS: *This form is to be completed by the clinician or other trained health professional. The motor exam should be administered to all participants. Clinician should record results as observed regardless of whether there are non-parkinsonian contributions or explanations for the findings. This form is intended to 1) determine the degree of parkinsonism on any visit, and 2) track the degree of parkinsonism over time. The UPDRS is not intended to establish the presence or absence of parkinsonism. For additional clarification and scoring instructions, see* **UDS Coding Guidebook** *for* **Form B3**. *Check only one box per question.*

For video-recorded examples of administration, see Perlmutter JS. Assessment of Parkinson disease manifestations. Curr Protoc Neurosci. 2009 Oct; Chapter 10: Unit10.1. doi: 10.1002/0471142301.ns1001s49.

☐ *(Optional)* **If the clinician completes the UPDRS examination and determines all items are normal, check this box.** If this box is checked, all items will default to 0 in the database.

1. Speech

☐ 0 Normal
☐ 1 Slight loss of expression, diction and/or volume
☐ 2 Monotone, slurred but understandable; moderately impaired.
☐ 3 Marked impairment, difficult to understand.
☐ 4 Unintelligible
☐ 8 Untestable **(SPECIFY):** _____

2. Facial expression

☐ 0 Normal
☐ 1 Minimal hypomimia, could be normal "poker face"
☐ 2 Slight but definitely abnormal diminution of facial expression
☐ 3 Moderate hypomimia; lips parted some of the time
☐ 4 Masked or fixed facies with severe or complete loss of facial expression; lips parted ¼ inches or more
☐ 8 Untestable **(SPECIFY):** _____

3. Tremor at rest

3a. Face, lips, chin

☐ 0 Absent
☐ 1 Slight and infrequently present
☐ 2 Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present
☐ 3 Moderate in amplitude and present most of the time
☐ 4 Marked in amplitude and present most of the time
☐ 8 Untestable **(SPECIFY):** _____

3b. Right hand

☐ 0 Absent
☐ 1 Slight and infrequently present
☐ 2 Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present
☐ 3 Moderate in amplitude and present most of the time
☐ 4 Marked in amplitude and present most of the time
☐ 8 Untestable **(SPECIFY):** _____

3c. Left hand

☐ 0 Absent
☐ 1 Slight and infrequently present
☐ 2 Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present
☐ 3 Moderate in amplitude and present most of the time
☐ 4 Marked in amplitude and present most of the time
☐ 8 Untestable **(SPECIFY):** _____

[1]Fahn S, Elton RL, UPDRS Development Committee. The Unified Parkinson's Disease Rating Scale. In Fahn S, Marsden CD, Calne DB, Goldstein M, eds. Recent developments in Parkinson's disease, Vol. 2. Florham Park, NJ: Macmillan Healthcare Information, 1987:153–163, 293–304. Reproduced by permission of the author.

3. Tremor at rest *continued...*

3d. Right foot

- ☐ 0 Absent
- ☐ 1 Slight and infrequently present
- ☐ 2 Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present
- ☐ 3 Moderate in amplitude and present most of the time
- ☐ 4 Marked in amplitude and present most of the time
- ☐ 8 Untestable **(SPECIFY):** _____

3e. Left foot

- ☐ 0 Absent
- ☐ 1 Slight and infrequently present
- ☐ 2 Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present
- ☐ 3 Moderate in amplitude and present most of the time
- ☐ 4 Marked in amplitude and present most of the time
- ☐ 8 Untestable **(SPECIFY):** _____

4. Action or postural tremor of hands

4a. Right hand

- ☐ 0 Absent
- ☐ 1 Slight; present with action
- ☐ 2 Moderate in amplitude, present with action
- ☐ 3 Moderate in amplitude with posture holding as well as action
- ☐ 4 Marked in amplitude; interferes with feeding
- ☐ 8 Untestable **(SPECIFY):** _____

4b. Left hand

- ☐ 0 Absent
- ☐ 1 Slight; present with action
- ☐ 2 Moderate in amplitude, present with action
- ☐ 3 Moderate in amplitude with posture holding as well as action
- ☐ 4 Marked in amplitude; interferes with feeding
- ☐ 8 Untestable **(SPECIFY):** _____

5. Rigidity

(*judged on passive movement of major joints with participant relaxed in sitting position; cogwheeling to be ignored*)

5a. Neck

- ☐ 0 Absent
- ☐ 1 Slight or detectable only when activated by mirror or other movements
- ☐ 2 Mild to moderate
- ☐ 3 Marked, but full range of motion easily achieved
- ☐ 4 Severe; range of motion achieved with difficulty
- ☐ 8 Untestable **(SPECIFY):** _____

5b. Right upper extremity

- ☐ 0 Absent
- ☐ 1 Slight or detectable only when activated by mirror or other movements
- ☐ 2 Mild to moderate
- ☐ 3 Marked, but full range of motion easily achieved
- ☐ 4 Severe; range of motion achieved with difficulty
- ☐ 8 Untestable **(SPECIFY):** _____

5c. Left upper extremity

- ☐ 0 Absent
- ☐ 1 Slight or detectable only when activated by mirror or other movements
- ☐ 2 Mild to moderate
- ☐ 3 Marked, but full range of motion easily achieved
- ☐ 4 Severe; range of motion achieved with difficulty
- ☐ 8 Untestable **(SPECIFY):** _____

5d. Right lower extremity

- ☐ 0 Absent
- ☐ 1 Slight or detectable only when activated by mirror or other movements
- ☐ 2 Mild to moderate
- ☐ 3 Marked, but full range of motion easily achieved
- ☐ 4 Severe; range of motion achieved with difficulty
- ☐ 8 Untestable **(SPECIFY):** _____

5. Rigidity

(*judged on passive movement of major joints with participant relaxed in sitting position; cogwheeling to be ignored*) ***continued...***

5e. Left lower extremity

- ☐ 0 Absent
- ☐ 1 Slight or detectable only when activated by mirror or other movements
- ☐ 2 Mild to moderate
- ☐ 3 Marked, but full range of motion easily achieved
- ☐ 4 Severe; range of motion achieved with difficulty
- ☐ 8 Untestable **(SPECIFY):** _____

6. Finger taps

(participant taps thumb with index finger in rapid succession)

6a. Right hand

- ☐ 0 Normal
- ☐ 1 Mild slowing and/or reduction in amplitude
- ☐ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- ☐ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement
- ☐ 4 Can barely perform the task.
- ☐ 8 Untestable **(SPECIFY):** _____

6b. Left hand

- ☐ 0 Normal
- ☐ 1 Mild slowing and/or reduction in amplitude
- ☐ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- ☐ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement
- ☐ 4 Can barely perform the task.
- ☐ 8 Untestable **(SPECIFY):** _____

7. Hand movements

(participant opens and closes hands in rapid succession)

7a. Right hand

- ☐ 0 Normal
- ☐ 1 Mild slowing and/or reduction in amplitude
- ☐ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- ☐ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement
- ☐ 4 Can barely perform the task.
- ☐ 8 Untestable **(SPECIFY):** _____

7b. Left hand

- ☐ 0 Normal
- ☐ 1 Mild slowing and/or reduction in amplitude
- ☐ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- ☐ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement
- ☐ 4 Can barely perform the task.
- ☐ 8 Untestable **(SPECIFY):** _____

8. Rapid alternating movements of hands

(pronation-supination movements of hands, vertically and horizontally, with as large an amplitude as possible, both hands simultaneously)

8a. Right hand

- ☐ 0 Normal
- ☐ 1 Mild slowing and/or reduction in amplitude
- ☐ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- ☐ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement
- ☐ 4 Can barely perform the task.
- ☐ 8 Untestable **(SPECIFY):** _____

8b. Left hand

- ☐ 0 Normal
- ☐ 1 Mild slowing and/or reduction in amplitude
- ☐ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- ☐ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement
- ☐ 4 Can barely perform the task.
- ☐ 8 Untestable **(SPECIFY):** _____

9. Leg agility

(participant taps heel on the ground in rapid succession, picking up entire leg; amplitude should be at least 3 inches)

9a. Right leg

- ☐ 0 Normal
- ☐ 1 Mild slowing and/or reduction in amplitude
- ☐ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- ☐ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement
- ☐ 4 Can barely perform the task.
- ☐ 8 Untestable **(SPECIFY):** _____

9b. Left leg

- ☐ 0 Normal
- ☐ 1 Mild slowing and/or reduction in amplitude
- ☐ 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement
- ☐ 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement
- ☐ 4 Can barely perform the task.
- ☐ 8 Untestable **(SPECIFY):** _____

10. Arising from chair

(participant attempts to rise from a straight-backed chair, with arms folded across chest)

- ☐ 0 Normal
- ☐ 1 Slow; or may need more than one attempt
- ☐ 2 Pushes self up from arms of seat.
- ☐ 3 Tends to fall back and may have to try more than one time, but can get up without help
- ☐ 4 Unable to arise without help
- ☐ 8 Untestable **(SPECIFY):** _____

11. Posture

- ☐ 0 Normal
- ☐ 1 Not quite erect, slightly stooped posture; could be normal for older person
- ☐ 2 Moderately stooped posture, definitely abnormal; can be slightly leaning to one side
- ☐ 3 Severely stooped posture with kyphosis; can be moderately leaning to one side
- ☐ 4 Marked flexion with extreme abnormality of posture
- ☐ 8 Untestable **(SPECIFY):** _____

12. Gait

- ☐ 0 Normal
- ☐ 1 Walks slowly; may shuffle with short steps, but no festination (hastening steps) or propulsion
- ☐ 2 Walks with difficulty, but requires little or no assistance; may have some festination, short steps, or propulsion
- ☐ 3 Severe disturbance of gait requiring assistance
- ☐ 4 Cannot walk at all, even with assistance
- ☐ 8 Untestable **(SPECIFY):** _____

13. Posture stability

(response to sudden, strong posterior displacement produced by pull on shoulders while participant erect with eyes open and feet slightly apart; participant is prepared)

- ☐ 0 Normal erect
- ☐ 1 Retropulsion, but recovers unaided
- ☐ 2 Absence of postural response; would fall if not caught by examiner
- ☐ 3 Very unstable, tends to lose balance spontaneously
- ☐ 4 Unable to stand without assistance
- ☐ 8 Untestable **(SPECIFY):** _____

14. Body bradykinesia and hypokinesia

(combining slowness, hesitancy, decreased arm swing, small amplitude, and poverty of movement in general)

- ☐ 0 None
- ☐ 1 Minimal slowness, giving movement a deliberate character; could be normal for some persons; possibly reduced amplitude
- ☐ 2 Mild degree of slowness and poverty of movement which is definitely abnormal; alternatively, some reduced amplitude
- ☐ 3 Moderate slowness, poverty or small amplitude of movement
- ☐ 4 Marked slowness, poverty or small amplitude of movement
- ☐ 8 Untestable **(SPECIFY):** _____

15. Total UPDRS Score

(If one or more items are checked "8=Untestable", enter 888) ___ ___ ___ *(0-108, 888)*