

**FUGL-MEYER ASSESSMENT
LOWER EXTREMITY (FMA-LE)
Assessment of sensorimotor function**

ID:
Date:
Examiner:

Fugl-Meyer AR, Jaasko L, Leyman I, Olsson S, Steglind S: The post-stroke hemiplegic patient. 1. a method for evaluation of physical performance. Scand J Rehabil Med 1975, 7:13-31.

E. LOWER EXTREMITY					
I. Reflex activity , supine position		none	can be elicited		
Flexors: knee flexors		0	2		
Extensors: patellar, achilles (at least one)		0	2		
Subtotal I (max 4)					
II. Volitional movement within synergies supine position		none	partial	full	
Flexor synergy: Maximal hip flexion (abduction/external rotation), maximal flexion in knee and ankle joint (palpate distal tendons to ensure active knee flexion).	Hip flexion	0	1	2	
	Knee flexion	0	1	2	
	Ankle dorsiflexion	0	1	2	
Extensor synergy: From flexor synergy to the hip extension/adduction, knee extension and ankle plantar flexion. Resistance is applied to ensure active movement, evaluate both movement and strength (compare with the unaffected side)	Hip extension	0	1	2	
	Knee adduction	0	1	2	
	Ankle extension	0	1	2	
Subtotal II (max 14)					
III. Volitional movement mixing synergies		none	partial	full	
sitting position, knee 10cm from the edge of the chair/bed					
Knee flexion from actively or passively extended knee	no active motion less than 90° active flexion, palpate tendons of hamstrings more than 90° active flexion	0	1	2	
Ankle dorsiflexion compare with unaffected side	no active motion limited dorsiflexion complete dorsiflexion	0	1	2	
Subtotal III (max 4)					
IV. Volitional movement with little or no synergy		none	partial	full	
standing position, hip at 0°					
Knee flexion to 90° hip at 0°, balance support is allowed	no active motion or immediate, simultaneous hip flexion less than 90° knee flexion and/or hip flexion during movement at least 90° knee flexion without simultaneous hip flexion	0	1	2	
Ankle dorsiflexion compare with unaffected side	no active motion limited dorsiflexion complete dorsiflexion	0	1	2	
Subtotal IV (max 4)					
V. Normal reflex activity supine position, assessed only if full score of 4 points is achieved in part IV, compare with the unaffected side		0 (IV), hyper	lively	normal	
Reflex activity knee flexors, Patellar, Achilles,	0 points on part IV or 2 of 3 reflexes markedly hyperactive 1 reflex markedly hyperactive or at least 2 reflexes lively maximum of 1 reflex lively, none hyperactive	0	1	2	
Subtotal V (max 2)					
Total E (max 28)					

F. COORDINATION/SPEED , supine, after one trial with both legs, eyes closed, heel to knee cap of the opposite leg, 5 times as fast as possible		marked	slight	none
Tremor	at least 1 completed movement	0	1	2
Dysmetria at least 1 completed movement	pronounced or unsystematic slight and systematic no dysmetria	0	1	2
		≥ 6s	2 - 5s	< 2s
Time start and end with the hand on the knee	at least 6 seconds slower than unaffected side 2-5 seconds slower than unaffected side less than 2 seconds difference	0	1	2
Total F (max 6)				

H. SENSATION , lower extremity eyes closed, compare with the unaffected side		anesthesia	hypoesthesia or dysesthesia	normal
Light touch	leg footsole	0 0	1 1	2 2
		less than 3/4 correct or absence	3/4 correct or considerable difference	correct 100%, little or no difference
Position small alterations in the position	hip knee ankle great toe (IP-joint)	0 0 0 0	1 1 1 1	2 2 2 2
Total H (max12)				

J. PASSIVE JOINT MOTION , lower extremity supine position, compare with the unaffected side				J. JOINT PAIN during passive motion, lower extremity			
	only few degrees	decreased	normal	pronounced pain during movement or very marked pain at the end of the movement	some pain	no pain	
Hip	Flexion	0	1	2	0	1	2
	Abduction	0	1	2	0	1	2
	External rotation	0	1	2	0	1	2
	Internal rotation	0	1	2	0	1	2
Knee	Flexion	0	1	2	0	1	2
	Extension	0	1	2	0	1	2
Ankle	Dorsiflexion	0	1	2	0	1	2
	Plantar flexion	0	1	2	0	1	2
Foot	Pronation	0	1	2	0	1	2
	Supination	0	1	2	0	1	2
Total (max 20)				Total (max 20)			

E. LOWER EXTERMTY	/28
F. COORDINATION / SPEED	/6
TOTAL E-F (motor function)	/34

H. SENSATION	/12
J. PASSIVE JOINT MOTION	/20
J. JOINT PAIN	/20