

Form B3: Unified Parkinson's Disease Rating Scale (UPDRS¹) - Motor Exam

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

Language: <input type="checkbox"/> 1 English <input type="checkbox"/> 2 Spanish	Mode: <input type="checkbox"/> 1 In-person <input type="checkbox"/> 3 Not completed (reason): ____	Key (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. 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**. For video-recorded examples of administration, see Perlmuter JS. Assessment of Parkinson disease manifestations. *Curr Protoc Neurosci.* 2009 Oct; Chapter 10: Unit10.1. doi: 10.1002/0471142301.ns1001s49. Check only one box per question.

☐ (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 | <input type="checkbox"/> 0 Normal
<input type="checkbox"/> 1 Slight loss of expression, diction and/or volume
<input type="checkbox"/> 2 Monotone, slurred but understandable; moderately impaired.
<input type="checkbox"/> 3 Marked impairment, difficult to understand.
<input type="checkbox"/> 4 Unintelligible
<input type="checkbox"/> 8 Untestable (SPECIFY): _____ |
| 2. Facial expression | <input type="checkbox"/> 0 Normal
<input type="checkbox"/> 1 Minimal hypomimia, could be normal "poker face"
<input type="checkbox"/> 2 Slight but definitely abnormal diminution of facial expression
<input type="checkbox"/> 3 Moderate hypomimia; lips parted some of the time
<input type="checkbox"/> 4 Masked or fixed facies with severe or complete loss of facial expression; lips parted ¼ inches or more
<input type="checkbox"/> 8 Untestable (SPECIFY): _____ |

3. Tremor at rest

- | | |
|-----------------------------|---|
| 3a. Face, lips, chin | <input type="checkbox"/> 0 Absent
<input type="checkbox"/> 1 Slight and infrequently present
<input type="checkbox"/> 2 Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present
<input type="checkbox"/> 3 Moderate in amplitude and present most of the time
<input type="checkbox"/> 4 Marked in amplitude and present most of the time
<input type="checkbox"/> 8 Untestable (SPECIFY): _____ |
| 3b. Right hand | <input type="checkbox"/> 0 Absent
<input type="checkbox"/> 1 Slight and infrequently present
<input type="checkbox"/> 2 Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present
<input type="checkbox"/> 3 Moderate in amplitude and present most of the time
<input type="checkbox"/> 4 Marked in amplitude and present most of the time
<input type="checkbox"/> 8 Untestable (SPECIFY): _____ |
| 3c. Left hand | <input type="checkbox"/> 0 Absent
<input type="checkbox"/> 1 Slight and infrequently present
<input type="checkbox"/> 2 Mild in amplitude and persistent; or moderate in amplitude, but only intermittently present
<input type="checkbox"/> 3 Moderate in amplitude and present most of the time
<input type="checkbox"/> 4 Marked in amplitude and present most of the time
<input type="checkbox"/> 8 Untestable (SPECIFY): _____ |

¹Fahn 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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**SPECIFY**): _____

5. Rigidity*continued...**(judged on passive movement of major joints with participant relaxed in sitting position; cogwheeling to be ignored)***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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**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 Unstable (**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	<input type="checkbox"/> 0 Normal <input type="checkbox"/> 1 Mild slowing and/or reduction in amplitude <input type="checkbox"/> 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement <input type="checkbox"/> 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement <input type="checkbox"/> 4 Can barely perform the task. <input type="checkbox"/> 8 Untestable (SPECIFY): _____
9b. Left leg	<input type="checkbox"/> 0 Normal <input type="checkbox"/> 1 Mild slowing and/or reduction in amplitude <input type="checkbox"/> 2 Moderately impaired; definite and early fatiguing; may have occasional arrests in movement <input type="checkbox"/> 3 Severely impaired; frequent hesitation in initiating movements or arrests in ongoing movement <input type="checkbox"/> 4 Can barely perform the task. <input type="checkbox"/> 8 Untestable (SPECIFY): _____
10. Arising from chair <i>(participant attempts to rise from a straight-backed chair, with arms folded across chest)</i>	<input type="checkbox"/> 0 Normal <input type="checkbox"/> 1 Slow; or may need more than one attempt <input type="checkbox"/> 2 Pushes self up from arms of seat. <input type="checkbox"/> 3 Tends to fall back and may have to try more than one time, but can get up without help <input type="checkbox"/> 4 Unable to arise without help <input type="checkbox"/> 8 Untestable (SPECIFY): _____
11. Posture	<input type="checkbox"/> 0 Normal <input type="checkbox"/> 1 Not quite erect, slightly stooped posture; could be normal for older person <input type="checkbox"/> 2 Moderately stooped posture, definitely abnormal; can be slightly leaning to one side <input type="checkbox"/> 3 Severely stooped posture with kyphosis; can be moderately leaning to one side <input type="checkbox"/> 4 Marked flexion with extreme abnormality of posture <input type="checkbox"/> 8 Untestable (SPECIFY): _____
12. Gait	<input type="checkbox"/> 0 Normal <input type="checkbox"/> 1 Walks slowly; may shuffle with short steps, but no festination (hastening steps) or propulsion <input type="checkbox"/> 2 Walks with difficulty, but requires little or no assistance; may have some festination, short steps, or propulsion <input type="checkbox"/> 3 Severe disturbance of gait requiring assistance <input type="checkbox"/> 4 Cannot walk at all, even with assistance <input type="checkbox"/> 8 Untestable (SPECIFY): _____
13. Posture stability <i>(response to sudden, strong posterior displacement produced by pull on shoulders while participant erect with eyes open and feet slightly apart; participant is prepared)</i>	<input type="checkbox"/> 0 Normal erect <input type="checkbox"/> 1 Retropulsion, but recovers unaided <input type="checkbox"/> 2 Absence of postural response; would fall if not caught by examiner <input type="checkbox"/> 3 Very unstable, tends to lose balance spontaneously <input type="checkbox"/> 4 Unable to stand without assistance <input type="checkbox"/> 8 Untestable (SPECIFY): _____
14. Body bradykinesia and hypokinesia <i>(combining slowness, hesitancy, decreased arm swing, small amplitude, and poverty of movement in general)</i>	<input type="checkbox"/> 0 None <input type="checkbox"/> 1 Minimal slowness, giving movement a deliberate character; could be normal for some persons; possibly reduced amplitude <input type="checkbox"/> 2 Mild degree of slowness and poverty of movement which is definitely abnormal; alternatively, some reduced amplitude <input type="checkbox"/> 3 Moderate slowness, poverty or small amplitude of movement <input type="checkbox"/> 4 Marked slowness, poverty or small amplitude of movement <input type="checkbox"/> 8 Untestable (SPECIFY): _____
15. Total UPDRS Score <i>(If one or more items are checked "8=Untestable", enter 888)</i>	_____ (0-108, 888)