

3.3 RIGIDITY

Instructions to examiner: Rigidity is judged on slow passive movement of major joints with the patient in a relaxed position and the examiner manipulating the limbs and neck. First, test without an activation maneuver. Test and rate neck and each limb separately. For arms, test the wrist and elbow joints simultaneously. For legs, test the hip and knee joints simultaneously. If no rigidity is detected, use an activation maneuver such as tapping fingers, fist opening/closing, or heel tapping in a limb not being tested. Explain to the patient to go as limp as possible as you test for rigidity.

- 0: Normal: No rigidity.
- 1: Slight: Rigidity only detected with activation maneuver.
- 2: Mild: Rigidity detected without the activation maneuver, but full range of motion is easily achieved.
- 3: Moderate: Rigidity detected without the activation maneuver; full range of motion is achieved with effort.
- 4: Severe: Rigidity detected without the activation maneuver and full range of motion not achieved.

SCORE

Neck

RUE

LUE

RLE

LLE

3.4 FINGER TAPPING

Instructions to examiner: Each hand is tested separately. Demonstrate the task, but do not continue to perform the task while the patient is being tested. Instruct the patient to tap the index finger on the thumb 10 times as quickly AND as big as possible. Rate each side separately, evaluating speed, amplitude, hesitations, halts and decrementing amplitude.

- 0: Normal: No problems.
- 1: Slight: Any of the following: a) the regular rhythm is broken with one or two interruptions or hesitations of the tapping movement; b) slight slowing; c) the amplitude decrements near the end of the 10 taps.
- 2: Mild: Any of the following: a) 3 to 5 interruptions during tapping; b) mild slowing; c) the amplitude decrements midway in the 10-tap sequence.
- 3: Moderate: Any of the following: a) more than 5 interruptions during tapping or at least one longer arrest (freeze) in ongoing movement; b) moderate slowing; c) the amplitude decrements starting after the 1st tap.
- 4: Severe: Cannot or can only barely perform the task because of slowing, interruptions or decrements.

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