

## The Motricity Index for Motor Impairment After Stroke

Overview: The Motricity Index can be used to assess the motor impairment in a patient who has had a stroke.

Tests for Each Arm:

(1) pinch grip: using a 2.5 cm cube between the thumb and forefinger

- 19 points are given if able to grip cube but not hold it against gravity
- 22 points are given if able to hold cube against gravity but not against a weak pull
- 26 points are given if able to hold the cube against a weak pull but strength is weaker than normal

(2) elbow flexion from 90° so that the arm touches the shoulder

- 14 points are given if movement is seen with the elbow out and the arm horizontal

(3) shoulder abduction moving the flexed elbow from off the chest

- 19 points are given when the shoulder is abducted to more than 90° beyond the horizontal against gravity but not against resistance

Tests for Each Leg:

(1) ankle dorsiflexion with foot in a plantar flexed position

- 14 points are given if there is less than a full range of dorsiflexion

(2) knee extension with the foot unsupported and the knee at 90°

- 14 points are given for less than 50% of full extension
- 19 points are given for full extension yet it can be easily pushed down

(3) hip flexion with the hip bent at 90° moving the knee towards the chin

- 14 points are given if there is less than a full range of passive motion
- 19 points are given if the hip is fully flexed yet it can be easily pushed down

<b>MRC Grade</b>	<b>MRC Score</b>	<b>Points for Pinch Grip</b>	<b>Points for Other Tests</b>
no movement	0	0	0
palpable flicker but no movement	1	11	9