

Fahn, Tolosa, Marin Tremor Rating Scale

1-9 Tremor (rate tremor)

- 1) At rest (in repose). For head and trunk, when lying down
- 2) With posture holding
 - UE: arms outstretched, wrists mildly extended, fingers spread apart
 - LE: legs flexed at hips and knees; foot dorsi-flexed
 - tongue: when protruded
 - head and trunk: when sitting or standing
- 3) with Action(ACT) and Intention(INT):
 - UE: finger to nose and other actions
 - LE: toe to finger in flexed posture

Definitions for 1-9

- 0 = None
- 1 = Slight. May be intermittent
- 2 = Moderate amplitude. May be intermittent
- 3 = Marked amplitude
- 4 = Severe amplitude

1. Face tremor	REST ____
2. Tongue tremor	REST ____
	POST ____
3. Voice tremor	ACT/INT ____
4. Head tremor	REST ____
	POST ____
5. Right upper extremity tremor	REST ____
	POST ____
	ACT/INT ____
6. Left upper extremity tremor	REST ____
	POST ____
	ACT/INT ____
7. Trunk tremor	REST ____
	POST ____
8. Right lower extremity tremor	REST ____
	POST ____
	ACT/INT ____

9. Left lower extremity tremor REST _____

POST _____

ACT/INT _____

10. Handwriting _____

Have patient write the standard sentence: "This is a sample of my best handwriting", sign his or her name and write the date.

0 = Normal

1 = Mildly abnormal. Slightly untidy, tremulous

2 = Moderately abnormal. Legible, but with considerable tremor.

3 = Marked abnormal. Illegible

4 = Severely abnormal. Unable to keep pencil or pen on paper without holding hand down with other hand.

11-13. Ask the patient to join both points of the various drawings without crossing the lines. Test each hand, beginning with the lesser, without leaning the hand or the arm on the table.

Definitions for 11-13

0 = Normal

1 = Slightly tremulous. May cross lines occasionally.

2 = Moderately tremulous or crosses lines frequently.

3 = Accomplishes the task with great difficulty. Many errors.

4 = Unable to complete drawing.

11. Drawing A

Right _____

Left _____

12. Drawing B

Right _____

Left _____

13. Drawing C

Right _____

Left _____

14. Pouring

Use firm plastic cups, about 8 cm tall, filled with water to 1 cm from top. Ask patient to pour water from one cup to another. Test each hand separately.

Right _____

Left _____

0 = Normal

1 = More careful than a person without tremor, but no water is spilled.

2 = Spills a small amount of water (up to 10% of the total amount).

3 = Spills a considerable amount of water (> 10-50%)

4 = Unable to pour water without spilling most of the water.

15. Speaking

This includes spastic dysphonia if present

0 = Normal

1 = Mild voice tremulousness when "nervous" only

2 = Mild voice tremor, constant

3 = Moderate voice tremor

4 = Severe voice tremor. Some words difficult to understand.

16. Feeding other than liquids _____

- 0 = Normal
- 1 = Mildly normal. Can bring all solids to mouth, spilling only rarely.
- 2 = Moderately abnormal. Frequent spills of peas and similar foods.
May bring head at least halfway to meet food.
- 3 = Markedly abnormal. Unable to cut or uses hands to feed.
- 4 = Severely abnormal. Needs help to feed.

17. Bringing liquids to mouth _____

- 0 = Normal
- 1 = Mildly abnormal. Can still use a spoon, but not if it is completely full
- 2 = Moderately abnormal. Unable to use spoon; uses cup or glass
- 3 = Markedly abnormal. Can drink from cup or glass, but needs two hands
- 4 = Severely abnormal. Must use a straw.

18 Hygiene _____

- 0 = Normal
- 1 = Mildly abnormal. Able to do everything, but is more careful than the average person
- 2 = Moderately abnormal. Able to do everything, but with errors;
uses electric razor because of tremor
- 3 = Markedly abnormal. Unable to do most fine tasks, such as putting on lipstick or shaving
(even with electric razor), unless using two hands.
- 4 = Severely abnormal. Unable to do any fine-movement tasks.

19. Dressing _____

- 0 = Normal
- 1 = Mildly abnormal. Able to do everything, but is more careful than the average person.
- 2 = Moderately abnormal. Able to do everything, but with errors.
- 3 = Markedly abnormal. Needs some help with buttoning or other activities, such as tying shoelaces.
- 4 = Severely abnormal. Requires assistance even for gross motor activities.

20. Writing _____

- 0 = Normal
- 1 = Mildly abnormal. Legible. Continues to write letters
- 2 = Moderately abnormal. Legible, but no longer writes letters.
- 3 = Markedly abnormal. Illegible
- 4 = Severely abnormal. Unable to sign checks or other documents requiring a signature.

21. Working _____

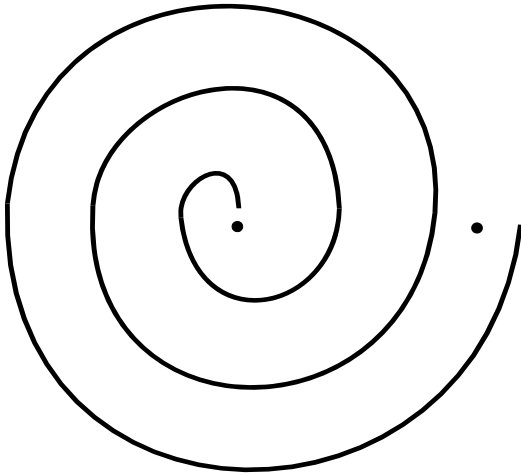
- 0 = Tremor does not interfere with job
- 1 = Able to work, but needs to be more careful than the average person
- 2 = Able to do everything, but with errors. Poorer than usual performance because of tremor
- 3 = Unable to do regular job. May have changed to a different job because of tremor.
Tremor limits housework, such as ironing.
- 4 = Unable to do any outside job; housework is very limited.

Non-Dominant Hand

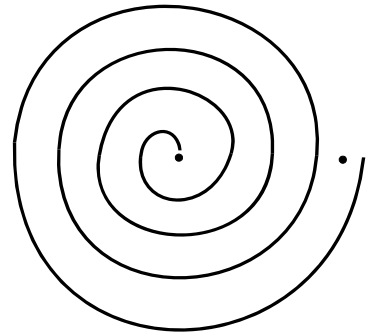
Drawings A, B, and C and make with the _____ Left Hand

_____ Right Hand

DRAWING A



DRAWING B



DRAWING C



Dominant Hand

Handwriting: This is a sample of my best handwriting

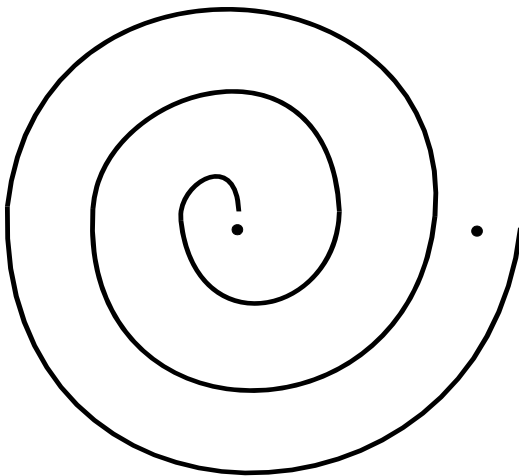
Signature: _____

Date: _____

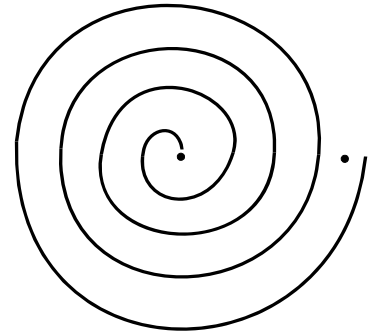
Drawings A, B, and C and make with the _____ Left Hand

_____ Right Hand

DRAWING A



DRAWING B



DRAWING C

