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.

0 = Normal
1 = More careful that 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 tremulous 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