




Name	SMA Type	DOB	Assessor
Date of assessment	Albuterol/Salbutamol	Y / N	Date of spinal surgery

Please circle highest current level of independent mobility:
 None Rolls Bottom shuffles Crawls Walks with KAFO's / AFO's Walks with crutches / frame Independent walking

Comment.....
 LBC = Limited by contracture *WHO separate scoring at end of RHS

	Test	Instruction	2	1	0	L B C	Comments	RHS Score
SITTING	1* Sitting Using plinth / floor. (Back / feet unsupported)	Can you sit on the plinth/chair without using your hands for support for a count of 3?	Sitting unsupported: Ring or 90/90	Maintains seated position via propping with hands: Ring or 90/90	Unable to sit		WHO 1* <input type="checkbox"/> Long sitting	
	2 Hands to head in sitting	Can you show me how you get your hand/hands to your head? (hands touch head above level of ears/eyebrows)	Able to bring both hands to head at same time – arms free from side without flexing head or trunk	Able to bring one hand to head – arms free from side without flexing head or trunk <input type="checkbox"/> R <input type="checkbox"/> L	<input type="checkbox"/> Using compensations – flexing head & trunk or “crawling” hands/s <input type="checkbox"/> Unable to bring hand to head		Sitting position described: <input type="checkbox"/> 90/90 <input type="checkbox"/> Ring <input type="checkbox"/> Long	
	3 Sitting to lying	Can you lie down in a controlled/safe way from sitting?	Able to lie down through side lying or using clothes in a controlled/safe way	Able to lie down by going forwards and rolling sideways, or through prone in a controlled/safe way	Unable or completes in uncontrolled/unsafe way			
SUPINE	4 Adduction from crook (hook) lying – supine hips @ 45°, knees @ 90°, feet hip width apart. Passively abduct leg	Can you bring your leg back to the middle and hold this position for a count of 3?	Able to adduct to bring 1 leg back to neutral	Holds crook lying position for a count of 3	Unable to maintain/achieve starting position.		<input type="checkbox"/> R <input type="checkbox"/> L	
	5 Right hip flexion in supine	Can you bring your right knee to your chest? Try to go as far as you can	Full hip flexion achieved	Initiates right hip and knee flexion (>10% of available range of motion)	Unable		Flexion contracture > 15 ° present? Hip Y <input type="checkbox"/> N <input type="checkbox"/> Knee Y <input type="checkbox"/> N <input type="checkbox"/>	
	6 Left hip flexion in supine	Can you bring your left knee to your chest? Try to go as far as you can	Full hip flexion achieved	Initiates left hip and knee flexion (>10% of available range of motion)	Unable		Flexion contracture > 15 ° present? Hip Y <input type="checkbox"/> N <input type="checkbox"/> Knee Y <input type="checkbox"/> N <input type="checkbox"/>	
	7 Lifts head from supine	Can you lift your head to look at your toes keeping your arms folded for a count of 3?	Can lift head up through neck flexion and holds for a count of 3	<input type="checkbox"/> Can lift head with compensatory movements for a count of 3 <input type="checkbox"/> Can lift head up momentarily through neck flexion (< a count of 3)	Unable			
ROLLING	8 Supine to side-lying (end position leading leg ends up on top of other)	Can you roll onto your side? Note: Onto side = shoulders perpendicular to floor, trunk and hips in line with body		Able to roll onto side	Unable to roll onto side in any direction		<input type="checkbox"/> R <input type="checkbox"/> L	
	9 Rolls supine to prone	Can you roll from your back to your tummy? Try not to use your arms	Rolls fully into prone without pulling/pushing on arms	Rolls fully into prone by pulling/pushing on arms	Unable to roll into prone in any direction. Does not initiate or complete		<input type="checkbox"/> R <input type="checkbox"/> L	
PRONE	10 Lifting head from prone	Can you lift your head up keeping your arms by your side for a count of 3	Lifts straight up, arms down by sides for a count of 3	Lifts straight up arms forward for a count of 3 	Unable or lifts less than a count of 3			
	11 Prone; prop on forearms	Can you prop yourself on your forearms with your head up (not holding your head) For a count of 3	Achieves position and holds head up independently for a count of 3	Maintains position with head supported on hands for a count of 3	Unable or holds for less than a count of 3			
	12* Four-point kneeling/crawling	Can you get onto your hands and knees and then crawl?	Crawls moving all 4 limbs at least 2 times in a row	Achieves four-point kneeling	Unable		WHO 2*	
ROLLING	13 Rolls prone to supine	Can you roll from your tummy to your back? Try not to use your arms	Rolls fully into supine without pulling/pushing on arms	Rolls fully into supine by pulling/pushing on arms	Unable to roll into supine in any direction. Does not initiate or complete		<input type="checkbox"/> R <input type="checkbox"/> L	

Test		Instruction	2	1	0	L B C	Comments	RHS Score
SITTING	14 Lying to sitting	Can you get from lying (supine) to sitting?	Able via supine / side lying using: <input type="checkbox"/> 1 hand <input type="checkbox"/> 2 hands	Able by using strategies: <input type="checkbox"/> Turns into prone or towards floor <input type="checkbox"/> Utilises momentum/ pulls on both legs	Unable			
	15 Sit to Stand (Starting in a 90/90 position using a Plinth / Bench / Chair)	Can you stand up from the chair / bench keeping your arms folded if you can?	Able to stand up without using arms (keeping arms folded, feet do not move)	Stands by using strategies: (circle relevant) Uses hands on legs/chair Turns Prone / Widens Base	Unable			
STANDING	16* Cruising/ supported stand	Can you walk holding on around furniture?	Cruise at least 5 steps around furniture <input type="checkbox"/> R <input type="checkbox"/> L	Stands supported for a count of 3	Unable to stand supported		WHO 3 & 4*	
	17* Standing	Can you stand without holding onto anything for a count of 3?	Stands upright and symmetrically, without compensation for a count of 3	Stands but with some degree of compensation for a count of 3	Cannot stand independently, needs support		WHO 5*	
RUN / WALK	18* Walking	Can you walk without using any help or aids? Show me	Takes at least 5 steps unaided	Able to take < 5 steps unaided	Unable		WHO 6*	
	19 Runs 10m	Can you go as quickly and safely as you can to.....(give 10 m marker) "Ready steady GO"	Can run - both feet off the ground	Speeds up walk but always maintains one foot on the floor	<input type="checkbox"/> Walks with no extra speed <input type="checkbox"/> Only with aids <input type="checkbox"/> Unable		TIME:.....seconds	
STANDING	20 Squat down and up	Can you squat down and stand up again? Pretend you are going to sit on a very low seat - only go as far down as you are able to get up from on your own	Full squat down (without using hands) and up* (with/without using hands) At least 90° achieved at knees/ hips *must be able to get up from final range	Initiates squat in both knees (10° to <90°) with controlled movement +/- using hands on self <input type="checkbox"/> Using hands	Unable			
	21 Stand to sit on floor	Can you sit on the floor in a controlled/ safe way from standing? Try not to use your arms	Able to sit down arms free in a controlled manner	Sits on floor using hands on floor/body	<input type="checkbox"/> Uses furniture <input type="checkbox"/> Unable			
MAT	22 High kneeling	Can you kneel like this (high kneeling) for a count of 10?	Maintains high kneeling without holding on for a count of 10	Maintains high kneel with one arm support for a count of 10	Unable			
	23 High Kneeling to Right half kneel  (Left foot forward)	Can you bring your LEFT leg up so that your foot is flat on the ground without using your arms and hold for a count of 10?	Able to achieve and maintain position without arm support for a count of 10	Maintains half kneel with one arm support for a count of 10 With: <input type="checkbox"/> support <input type="checkbox"/> no support	Unable			
	24 High Kneeling to Left half kneel  (Right foot forward)	Can you bring your RIGHT leg up so that your foot is flat on the ground without using your arms and hold for a count of 10?	Able to achieve and maintain position without arm support for a count of 10	Maintains half kneel with one arm support for a count of 10 With: <input type="checkbox"/> support <input type="checkbox"/> no support	Unable			
MAT / FLOOR	25 Rise from floor	Can you get up from the floor using as little support as possible and as fast as you can? Stand up as quickly as possible when the instruction "GO" is given	Achieves rise from floor without hands (any unsupported method)	Able to get up from floor using hands on floor and/or body	<input type="checkbox"/> Able to get up from floor using furniture/ assistance <input type="checkbox"/> Unable to get up from floor using any method		If uses ½ kneel: <input type="checkbox"/> R (L foot forwards) <input type="checkbox"/> L (R foot forwards) Further detail: TIME:.....seconds	
SINGLE LEG STAND	26 Stand on one leg – Right	Can you stand on your right leg for a count of 3?	Able to stand in a relaxed manner (no fixation) for a count of 3	Stands but either momentarily or needs a lot of fixation e.g. by knees tightly adducted or other trick	Unable			
	27 Stand on one leg – Left	Can you stand on your left leg for a count of 3?	Able to stand in a relaxed manner (no fixation) for a count of 3	Stands but either momentarily or needs a lot of fixation e.g. by knees tightly adducted or other trick	Unable			
	28 Hops – Right	Can you hop on your right leg?		Distinct hop: clears forefoot and heel off floor	Unable			
	29 Hops – Left	Can you hop on your left leg?		Distinct hop: clears forefoot and heel off floor	Unable			

Test		Instruction	2	1	0	L B C	Comments	RHS Score
STAIRS	30 Ascend stairs 4 standard stairs	Can you walk up the steps? <i>If support is needed you may only use one rail (can use two hands to one rail)</i>	Independently (without support/rail) ascends using alternating pattern	<input type="checkbox"/> Alternating pattern with one support (one rail/hand on body) <input type="checkbox"/> Marking time with/without support	Unable			
	31 Descend stairs 4 standard stairs	Can you walk down the steps? <i>If support is needed you may only use one rail (can use two hands to one rail)</i>	Independently (without support/rail) descends using alternating pattern	<input type="checkbox"/> Alternating pattern with one support (one rail/hand on body) <input type="checkbox"/> Marking time with/without support	Unable			
STEP	32 Climbs box step – Right	Can you step onto the top of the box using your right leg first?	Faces forwards, climbs up – no support needed	Goes up sideways or needs support	Unable			
	33 Descends box step – Right	Can you step down from the box using your right leg first?	Faces forward, climbs down controlling weight bearing leg. No support needed	Goes down sideways or skips down or needs support	Unable			
	34 Climbs box step – Left	Can you step onto the top of the box using your left leg first?	Faces forwards, climbs up – no support needed	Goes up sideways or needs support	Unable			
JUMP	35 Descends box step - Left	Can you step down from the box using your left leg first?	Faces forward, climbs down controlling weight bearing leg. No support needed	Goes down sideways or skips down or needs support	Unable			
	36 Jump forwards 30cm (12")	Can you jump as far as you can, with both feet, from this line all of the way to the other line?	Jumps forward and lands with two feet simultaneously moving forward at least 30cm (12")	<input type="checkbox"/> Jumps with two feet simultaneously but lands one at a time moving forward/up travelling < 30cm (12") <input type="checkbox"/> Jumps and lands with two feet simultaneously moving forward < 30cm (12")	Unable to initiate jump			
				2's =	1's =	0's =	Total =	

*WHO DEVELOPMENTAL MILESTONES		Qualifier met:
W1. Sitting without support:	:	Y <input type="checkbox"/> N <input type="checkbox"/>
Child sits upright with head erect for at least 10 seconds. Child does not use arms or hands to balance body or support position.		
W2. Hands and knees crawling:		Y <input type="checkbox"/> N <input type="checkbox"/>
Child alternately moves forward or backward on hands and knees. The stomach does not touch the supporting surface. There are continuous and consecutive movement, at least 3 in a row.		
W3. Standing with Assistance:		Y <input type="checkbox"/> N <input type="checkbox"/>
Child stands in upright position on both feet, holding onto a stable object (e.g. furniture) with both hands without leaning on it. The body does not touch the stable object, and the legs support most of the body weight. Child thus stands with assistance for at least 10 seconds.		
W4. Walking with Assistance:		Y <input type="checkbox"/> N <input type="checkbox"/>
Child is in upright position with the back straight. Child makes sideways or forward steps by holding onto a stable object (e.g. furniture) with one or both hands. One leg moves forward while the other supports part of the body weight. Child takes at least 5 steps in this manner.		
W5. Standing Alone:		Y <input type="checkbox"/> N <input type="checkbox"/>
Child stands in upright position on both feet (not the toes) with the back straight. The legs support 100% of the child's weight. There is no contact with a person or object. Child stands alone for at least 10 seconds.		
W6. Walking Alone:		Y <input type="checkbox"/> N <input type="checkbox"/>
Child takes at least 5 steps independently in upright position with the back straight. One leg moves forward while the other supports most of the body weight. There is no contact with the person or object.		
Total WHO Milestones Achieved:		/ 6

Revised Hammersmith Scale for SMA (RHS)	17.03.2015
Is this test a true reflection of the subjects ability Y <input type="checkbox"/> N <input type="checkbox"/> If no please detail why	
Comments on Assessment	