

Patient Name: _____ DOB: _____ MR#: _____
Therapist: _____ Date of Assessment: _____

Stroke Prevention Exercise Program – SPEP Orpington Prognostic Scale

- A. **Motor Deficit** (in arm)
Lying supine, patient flexes shoulder to 90° and is given resistance.
0.0=MRC grade 5 (normal power)
0.4=MRC grade 4 (diminished power)
0.8=MRC grade 3 (movement against gravity)
1.2=MRC grade 1-2 (movement with gravity eliminated or trace)
1.6=MRC grade 0 (no movement)
- B. **Proprioception** (eyes closed; affected arm held overhead by therapist.)
Locates affected thumb with opposite hand:
0.0=Accurately
0.4=Slight difficulty
0.8=Finds thumb via arm
1.2=Unable to find thumb
- C. **Balance** (may use assistive device for walking portion only)
0.0=Walks 10 feet without help
0.4=Maintains standing position (unsupported for 1 min)
0.8=Maintains sitting position (unsupported for 1 min)
1.2=No sitting balance
- D. **Cognition**
Hodkinson's Mental Test: Score one point for each correct answer.
- _____ 1. Age of patient
 - _____ 2. Time (to the nearest hour)
"I am going to give you an address, please remember it and I will ask you later: 42 West Street."
 - _____ 3. Name of hospital
 - _____ 4. Year
 - _____ 5. Date of birth of patient
 - _____ 6. Month
 - _____ 7. A year of the Second World War (1939-45)
 - _____ 8. Name of the President
 - _____ 9. Count backwards (20-1)
 - _____ 10. What is the address I asked you to remember:
42 West Street
- 0.0=Mental test score of 10
0.4=Mental test score of 8-9
0.8=Mental test score of 5-7
1.2=Mental test score of 0-4

TOTAL SCORE: $1.6 + \text{Motor} + \text{Proprioception} + \text{Balance} + \text{Cognition} =$ _____

< 3.2 = Minor

≥ 3.2 and ≤ 5.2 = Moderate

> 5.2 = Major