A video for how to administer the Orpington can be found at uwhealth.org/stroke

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 + Motor + Proprioception + Balance + Cognition = __________

< 3.2 = Minor

≥ 3.2 and ≤ 5.2 = Moderate

> 5.2 = Major