

Parkinson's Rigidity Test

Patient's full name:

Date accomplished:

Clinician's full name:

Upper Extremity Test

- Tell your patient to relax their arms for the entire part of this test.
- Once they are relaxed, start with the wrist. Place your proximal hand under your patient's forearm, then use your distal hand to grab the patient's wrist.
- Passively rotate the wrist until you feel resistance to the rotation. Keep rotating it so you know what type of rigidity the wrist has.
- Next up is the elbow. For this one, you just need to keep passively flexing and extending your patient's forearm. While flexing and extending the forearm, try to feel for resistance in the movement.
- Do this for both arms to cover all bases.

Comments

Lower Extremity Test

- Tell your patient to relax their legs for the entire part of this test.
- Place one of your hands under the patient's knee to support the leg's weight. By having your hand support the patient's knee from right under, the leg should feel relaxed.
- Use your other hand to grab your patient's foot.
- Rotate the ankle and feel for any resistance in the movement.
- After checking the ankle, passively flex and extend the knee and feel for any resistance while doing so.
- Do this for both legs.

Comments

After this, please conduct other tests, especially those that can check on Bradykinesia, tremors, gait, and balance.