

SUPPLEMENTAL MATERIAL A

M-MAS UAS-99 Domains (translated from Swedish)

A. Supine to side-lying

1. Supine. Does an attempt to turn to side-lying but needs considerable support from one person in order to turn to side-lying in both directions.
2. Supine. Turns to side-lying in one direction with light support from one person. Turns to the other side with considerable support (verbal or physical).
3. Turns easily with light support from one person in both directions.
4. Manage to turn independently in one direction and with light support (verbal or physical) in the other direction.
5. Turns independently to side-lying. Manage in both directions.

B. Supine to sitting over side of bed.

1. Patient is helped to side-lying. Lifts the head but cannot assist in reaching a sitting position.
2. Has head control. Is assisted to sitting. When needed the patient is assisted via side-lying.
3. Sits up with light support from one person. When needed the subject is assisted via side-lying.
4. Sits up independently in more than 10 seconds.
5. Sits up independently in less than 10 seconds.

C. Sitting

1. Sits 2 minutes with support and eyes open. Assisted to sitting.
2. Sits without support for 10 seconds without holding the knees and feet together.
3. Sits without support for 2 minutes.
4. Sits without support with the weight evenly distributed and without tilting the pelvis backwards. Turns the head and trunk. Feet on the floor. Hands resting on the thighs. Legs and feet are kept still.
5. Sits unsupported. Reaches forward to touch the floor and returns to starting position. Legs and feet are kept still. Affected arm is supported if necessary. Weight evenly distributed.

D. Sitting to standing

1. Gets to standing with help. Any method.
2. Gets to standing. Someone stands besides ready to help. Weight unevenly distributed (may use hands for support).
3. Gets to standing. No use of hands for support (hands on thighs for support is allowed).
4. Sitting to standing to sitting with no person standing by. Normal extension in hips and knees. Weight evenly distributed.
5. Sitting-standing-sitting 3 times in less than 10 seconds. Weight evenly distributed.

E. Walking

1. Stands on affected leg and steps forward with the other. Assisted by 1 to 2 persons if needed.
2. Walks with the assistance of one person with or without walking aid.
3. Walks 3 meters alone or with a walking aid.
4. Walks 10 meter without assistance or walking aid, turns around and walks back in 25 seconds.
5. Walks up and down 8 steps in 20 seconds, with or without light support from rack. Good hip and knee control.

F. Upper arm function

1. Supine. Arm elevated toward ceiling, app. 45° elbow flexion is allowed. Therapist places arm in position. Maintains the position independently or gets the upper arm supported.
2. Supine. Arm positioned as in item 1. Reaches the forehead with the hand and extend the arm again. In the extended position the shoulder must be protracted.
3. Sitting. Holds arm extended in 90° of shoulder flexion for 2 seconds. No elevated shoulder. Gets assisted in reaching the position if needed.
4. Sitting. Patient lifts arm to 90° shoulder flexion and holds it for 10 seconds. Then lowers the arm.

5. Sitting. Holds both arms in 90° shoulder flexion. Palms up. Closes the eyes and maintain position for 10 seconds. Test both arms simultaneously but score them independently.

G. Hand movements

1. Sits at a table with forearm supported. Lifts the hand from the table with wrist extension without flexing the elbow.
2. A glass is placed in the patient's hand. Lifts it off the table with elbow support without ulnar deviation.
3. Sitting. Subject pronates and supinates. Elbow unsupported.
4. Holds a comb. Combs the hair at the same side as the hand holding the comb.
5. Grasp a glass filled with water and takes it to the mouth (drinking) without spilling. Puts the glass on the table again and releases it.

H. Fine motor activities

1. Picks up a matchbox (app 1.5 x 3.5 x 5.5 cm) and puts it down again. Forearm may be supported.
2. Picks up a match from an otherwise empty matchbox and puts it on the table. Forearm not supported. Box placed freely on the table.
3. Opposition thumb and each finger. 10 fingers in 10 seconds.
4. Picks up 10 matches from table, one at a time, and places them in a matchbox in 35 seconds. Box placed freely on the table.
5. Picks up 10 matches, one at a time, from an otherwise empty matchbox in 25 seconds. Box placed freely on the table.