

# ESCALA DE ASHWORTH

Instrumento diagnóstico utilizado para medir el tono y la espasticidad muscular, es decir, la capacidad que tienen los músculos para mantenerse ligeramente contraídos

| GRADO | DESCRIPCION                                                                                            |
|-------|--------------------------------------------------------------------------------------------------------|
| 0     | Sin aumento en el tono muscular                                                                        |
| 1     | Aumento leve, resistencia mínima al final del rango de movimiento en flexión o extensión               |
| 1+    | Aumento leve del tono, resistencia mínima durante el resto del rango de movimiento (menos de la mitad) |
| 2     | Aumento mas pronunciado, a través de todo el rango pero la parte afectada se mueve con facilidad       |
| 3     | Aumento considerable del tono, el movimiento pasivo es difícil                                         |
| 4     | La parte afectada esta rígida en flexión o extensión                                                   |

Fisiomedic



# Ashworth Test Answers

**Mischa Allen**



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