

Patient last name:

Date of birth: / /

Patient first name:

Date: / /

Stroke Rehabilitation Assessment of Movement (STREAM)

General Comments :		Score date 1	Score date 2	Score date 3	Score date 4
SUPINE					
1. Protracts scapula un supine "Lift your shoulder blade so that your hand moves towards the ceiling" Note: therapist stabilizes arm with shoulder 90° flexed and elbow extended.	/2				
2. Extends elbow in supine (starting with elbow fully flexed) "Lift your hand towards the ceiling, straightening your elbow as much as you can" Note: therapist stabilizes arm with shoulder 90° flexed; strong associated shoulder extension and/or abduction= marked deviation (score 1a or 1e).	/2				
3. Flexes hip and knee in supine (attains half crook lying) "Bend your hip and knee so that your foot rests flat on the bed"	/2				
4. Rolls onto side (starting from supine) "Roll onto your side" Note: may roll onto either side; pulling with arms to turn over= aid (score 2).	/3				
5. Raises hips off bed in crook lying (bridging) "Lift your hips as high as you can" Note: therapist may stabilize foot, but if knee pushes strongly into extension with bridging= marked deviation (score 1a or 1c); if requires aid (external or from therapist) to maintain knees in midline= aid (score 2).	/3				
6. Moves from lying supine to sitting (with feet on the floor) "Sit up and place your feet on the floor" Note: may sit up to either side using any functional and safe method; longer than 20 seconds= marked deviation (score 1a or 1c); pulling up using bedrail or edge of plinth= aid (score 2).	/3				
SITTING (feet supported ; hands resting on pillow on lap for items 7-14)					
7. Shrugs shoulders (scapular elevation) "Shrug your shoulders as high as you can" Note: both shoulders are shrugged simultaneously.	/2				
8. Raises hand to touch top of the head "Raise your hand to touch the top of your head"	/2				
9. Places hand on sacrum "Reach behind your back and as far across toward the other side as you can"	/2				
10. Raises arm overhead to fullest elevation "Reach your hand as high as you can towards the ceiling"	/2				

11. Supinates <u>and</u> pronates forearm (elbow flexed at 90°) "Keeping your elbow bent and close to your side, turn your forearm over so that your palm faces up, then turn your forearm over so that your palm faces down" Note: movement in one direction only = partial movement (score 1a or 1b).	/2				
12. Closes hand from fully opened position "Make a fist, keeping your thumb on the outside" Note: must extend wrist slightly (ie, wrist cocked) to obtain full marks; full fist with lack of wrist extension = partial movement (score 1a or 1b).	/2				
13. Opens hand from fully closed position "Now open your hand all the way"	/2				
14. Opposes thumb to index finger (tip to tip) "Make a circle with your thumb and index finger"	/2				
15. Flexes hip in sitting "Lift your knee as high as you can"	/2				
16. Extends knee in sitting "Straighten your knee by lifting your foot up"	/2				
17. Flexes knee in sitting "Slide your foot back under you as far as you can" Note: start with affected foot forward (heel in line with toes of other foot).	/2				
18. Dorsiflexes ankle in sitting "Keep your heel on the ground and lift your toes off the floor as far as you can" Note: affected foot is placed slightly forward (heel in line with toes of other foot).	/2				
19. Plantar flexes ankle in sitting "Keep your toes on the ground and lift your heel off the floor as far as you can"	/2				
20. Extends knee and dorsiflexes ankle in sitting "Straighten your knee and bring your toes towards you" Note: extension of knee without dorsiflexion of ankle= partial movement (score 1a or 1b).	/2				
21. Rises to standing from sitting "Stand up; try to take equal weight on both legs" Note: pushing up with hand(s) to stand= aid (score 2); asymmetry such as trunk lean, Trendelenburg position, hip retraction, or excessive flexion or extension of the affected knee= marked deviation (score 1a or 1c).	/3				
STANDING					
22. Maintains standing for 20 counts "Stand on the spot while I count to twenty"	/3				
STANDING (holding onto a stable support to assist balance for items 23-25)					
23. Abducts affected hip with knee extended "Keep your knee straight and your hips level, and raise your leg to the side"	/2				
24. Flexes affected knee with hip extended "Keep your hip straight, bend your knee back and bring your heel towards your bottom"	/2				
25. Dorsiflexes affected ankle with knee extended "Keep your heel on the ground and lift your toes off the floor as far as you can" Note: affected foot is placed slightly forward in position of a small step (heel in line with toes of other foot).	/2				

STANDING AND WALKING ACTIVITIES					
26. Places affected foot onto first step (<u>or</u> stool 18 cm high) “Lift your foot and place it onto the first step (or stool) in front of you” Note: returning the foot to the ground is not scored; use of handrail= aid (score 2).	/3				
27. Takes 3 steps <u>backwards</u> (one and a half gait cycles) “Take three average sized steps backwards, placing one foot behind the other”	/3				
28. Takes 3 steps sideways to <u>affected side</u> “Take three average sized steps sideways towards your weak side”	/3				
29. Walks <u>10 meters</u> indoors (on smooth, obstacle= free surface) “Walk in a straight line over to ... (a specified point 10 meters away)” Note: orthotic= aid (score 2); longer than 20 seconds= marked deviation (score 1c).	/3				
30. Walks <u>down</u> 3 stairs <u>alternating feet</u> “Walk down three stairs ; place only one foot at a time on each step if you can” Note: handrail= aid (score 2); non-alternating feet= marked deviation (score 1a or 1c).	/3				
Scores					

I. VOLUNTARY MOVEMENT OF THE LIMBS

0	unable to perform the test movement through any appreciable range (includes flicker or slight movement)
1	a. able to perform only part of the movement, and with marked deviation from normal pattern b. able to perform only part of the movement, but in a manner that is comparable to the unaffected side c. able to complete the movement, but only with marked deviation from normal pattern
2	able to complete the movement in a manner that is comparable to the unaffected side
X	<i>activity non tested (specify why; ROM, Pain, Other (reason))</i>

II. BASIC MOBILITY

0	unable to perform the test activity through any appreciable range (ie, minimal active participation)
1	a. able to perform only part of the activity independently (requires partial assistance or stabilization to complete), with or without an aid, and with marked deviation from normal pattern b. able to perform only part of the activity independently (requires partial assistance or stabilization to complete), with or without an aid, but with a grossly normal movement pattern c. able to complete the activity independently, with or without an aid, but only with marked deviation from normal pattern
2	able to complete the activity independently with a grossly normal movement pattern, but requires an aid
3	able to complete the activity independently with a grossly normal movement pattern, without an aid
X	<i>activity non tested (specify why; ROM, Pain, Other (reason))</i>

AMPLITUDE OF ACTIVE MOVEMENT

		None	Partial	Complete
MOVEMENT QUALITY	Marked Deviation	0	1 a	1 c
	Grossly Normal	0	1 b	2 (3)