

Frenchay arm test

The **Frenchay arm test** is a simple test with which we evaluate the motor skills of the upper limbs during ADL (*activities of daily living*). This test was first described by DeSouza et al. in 1980. It is most often used by occupational therapists to examine grip in brain-injured patients with altered grip function of the upper limb. It tests grip, manipulation of objects and coordination of both upper limbs. This assessment is not recommended for patients with impaired comprehension due to verbal instructions.

The initial position of the examinee for all tasks is always sitting with hands in lap.

Content

- 1 Point evaluation
- 2 Duration
- 3 Tools needed
- 4 Tested activities
- 5 Modified Frenchay arm test
 - 5.1 Point evaluation
- 6 Links
 - 6.1 related articles
 - 6.2 References

Point evaluation

The test consists of five activities. For each activity, only whether the patient performs the activity or not is evaluated, the quality of the performance is not evaluated.

- 1 - performs
- 0 - will not execute

The resulting number of points is therefore 0–5.

Duration

The test takes approximately 5-15 minutes to complete.

Tools needed

Tools needed to perform the test:

- ruler;
- pencil;
- paper;
- cylinder (diameter 12 mm, length 5 cm);
- glass (half filled with water);
- spring-loaded clothespin;
- pin (diameter 10 mm, height 15 cm);
- square mat (10 cm);
- comb.

Tested activities

The patient is encouraged to:

1. he held the ruler with the affected hand and drew a line with the other; to recognize the point, the patient must hold the ruler firmly;
2. with the affected hand, he grabbed a cylinder (diameter 12 mm, length 5 cm) located about 15 cm from the edge of the table, then lifted it to a height of about 30 cm and moved it again without the cylinder falling;
3. with the affected hand, he picked up the glass, which is placed about 15-30 cm from the edge of the table and is half filled with water, drank from it, and then returned it to its place again without spilling anything;
4. with the affected hand, removed a spring-loaded clothespin from a peg (diameter 10 mm, height 15 cm, placed on a 10 cm square base), located approximately 15-30 cm from the edge of the table, and moved it to the square base; the patient must not drop the pin or overturn the pin;
5. combed (or imitated combing) the hair at the top of the head with the affected hand, then back down and on both sides.

Modified Frenchay arm test

There is also an extended version of the Frenchay arm test - Modified Frenchay arm test (Modified Frenchay scale), developed by prof. Gracies et al. in 2002. This version of the test includes 10 test items and has a wider scoring range.

Point evaluation

Points are evaluated from 0–10, we also focus on the quality of execution.

- 10 = will do
- 5 = will perform, but with minimal quality
- 0 = does not perform
- for points 0–5 we focus more on quantity
- for points 5–10 on quality

Links

related articles

- Occupational therapy
- Strokes
- Common daily activities

References

- Canadian Partnership for Stroke Recovery. *Frenchay Arm Test (FAT)* [online]. [feeling. 2015-05-26]. < <http://www.strokeengine.ca/assess/fat/> >.
- HOSKOVCOVA, Martina. Rehabilitation of patients after acquired brain damage. Methodological manual for experts working in the field of neurorehabilitation [online]. Prague: Erudis, ops, 2014. pp. 6-12.
- DE SOUZA, Lorraine, R. Langton HEWER and S MILLER. Assessment of recovery of arm control in hemiplegic stroke patients. 1. Arm function tests. *International rehabilitation medicine (Int Rehabil Med)*. 1980, year 1, vol. 2, no. 1, pp. 3-9, ISSN 0379-0797. DOI: 10.3109/09638288009163947 .
- GRACIES, Jean-Michel, et al. Five-step clinical assessment in spastic paresis. *European journal of physical and rehabilitation medicine*. 2010, year 46, vol. 3, pp. 411-421, ISSN 1973-9095.

Category : Occupational therapy