**Modified Ashworth Scale Testing Form**

**Name of tested swimmer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of testing person: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of testing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Tested Muscle Score left Score right**

**Shoulder flexors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Shoulder extensors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Shoulder abductors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Shoulder adductors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Shoulder external rotators \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Shoulder internal rotators \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Elbow flexors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Elbow extensors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Elbow pronators \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Wrist flexors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Wrist extensors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Wrist ulnar abductors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Finger flexors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Finger extensors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Finger adductors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Hip flexors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Hip extensors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Hip abductors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Hip adductors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Hip external rotators \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Hip internal rotators \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Knee extensors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Knee flexors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Ankle dorsal flexors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Ankle plantar flexors \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Ankle pronators \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Ankle supinators \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_**

**Stamp and signature:**