

The Trunk Control Test for Motor Impairment After Stroke

Overview:

The Trunk Control Test can be used to assess the motor impairment in a patient who has had a stroke. It correlates with eventual walking ability.

Testing done by patient lying on bed:

- (1) roll to weak side
- (2) roll to strong side
- (3) balance in sitting position on the edge of the bed with the feet off the ground for at least 30 seconds
- (4) sit up from lying down

Scoring Each Test	Points
unable to do without assistance	0
able to do so using nonmuscular help or in an abnormal style; uses arms to steady self when sitting	12
able to complete task normally	25

trunk control test = SUM(points for all 4 tests)

Interpretation:

- minimum score: 0
- maximum score: 100
- If the test is done at 6 weeks after stroke a score ≥ 50 predicts recovery of the ability to walk by 18 weeks.

References:

Collin C Wade D. Assessing motor impairment after stroke: a pilot reliability study. J Neurology Neurosurg Psychiatry. 1990; 53: 576-579