

**NINDS CDE Notice of Copyright
Brooke Upper Extremity Scale**

Availability:	The instrument is freely available here: Brooke Upper Extremity Scale Link
Classification:	Supplemental – Highly Recommended for Duchenne Muscular Dystrophy (DMD) Supplemental for Congenital Muscular Dystrophy (CMD)
Short Description of Instrument:	The Brooke Upper Extremity Scale is a 6 point scale that allows classification of upper extremity function and also helps document progression.
Special Comments / Instructions:	Additional equipment is needed to perform this test.
Scoring:	Functional Grades: Arms and Shoulders: <ol style="list-style-type: none"> 1. Standing with arms at the sides, the patient can abduct the arms in a full circle until they touch above the head. 2. The patient can raise the arms above the head only by flexing the elbow or by using accessory muscles (i.e. by shortening the circumference of the movement) 3. The patient cannot raise hands above the head, but can raise an 8-oz. glass of water to the mouth (using both hands if necessary). 4. The patient can raise hands to mouth, but cannot raise 8 oz. glass of water to the mouth 5. The patient cannot raise hands to the mouth, but can use the hands to hold a pen or to pick up pennies from a table. 6. The patient cannot raise hands to the mouth and has no useful function of the hands.
References:	Brooke MG, Griggs RC, Mendell JR, Fenichel, GM, Shumate JB and Peggegrino RJ (1981). Clinical trial in duchenne dystrophy. I The Design of the Protocol. Muscle and Nerve: 4:186-197.