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Unified Dystonia Rating Scale (UDRS)**

Availability:	Available in the public domain: Unified Dystonia Rating Scale MDS website Link
Classification:	Supplemental: Mitochondrial Disease (Mito)
Short Description of Instrument:	<p>The UDRS10 evaluates dystonia in 14 body areas (Appendix SIV, supporting information published online). The UDRS has a severity and duration rating. The severity factor ranges from 0 to 4. The duration factor is a 9-point ordinal subscale and ranges from 0 to 4 at intervals of 0.5. This factor assesses whether dystonia occurs at rest or in action, and whether it is predominantly at maximal or submaximal intensity. The individual score for each region is the sum of the duration and motor severity factors. The maximal total score of the UDRS is 112, calculated by summing the individual region scores. In the UDRS, the duration factor does not differentiate between rest and activity, and it expresses dystonia as a percentage of duration and amplitude, combined within one item. The score content of the motor severity factor usually includes a measure of amplitude described as a percentage and sometimes a velocity description of the dystonic movement.</p> <p>Construct measured: Severity and duration of dystonia in various body parts</p> <p>Generic vs. disease specific:</p> <p>Means of administration: Physical therapy</p> <p>Intended respondent: Participant</p> <p># of items: 14 regions</p> <p># of subscales and names of sub-scales: N/A</p> <p># of items per sub-scale: N/A</p>
Scoring Information:	<p>I. Duration Factor</p> <p>0 none</p> <p>0.5 occasional (< 25% of the time); predominantly submaximal</p> <p>1.0 occasional (< 25% of the time); predominantly maximal</p> <p>1.5 Intermittent (25-50% of the time); predominantly submaximal</p> <p>2.0 Intermittent (25-50% of the time); predominantly maximal</p> <p>2.5 Frequent (50-75% of the time); predominantly submaximal</p> <p>3.0 Frequent (50-75% of the time); predominantly maximal</p> <p>3.5 Constant (> 75% of the time); predominantly submaximal</p> <p>4.0 Constant (> 75% of the time); predominantly maximal</p> <p>2. Motor Severity Factor</p> <p>EYES AND UPPER FACE</p> <p>0. none</p>

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1. mild: increased blinking and/or slight forehead wrinkling (< 25% maximal intensity)
2. moderate: eye closure without squeezing and/or pronounced forehead wrinkling (> 25% but < 50% maximal intensity)
3. severe: eye closure with squeezing, able to open eyes within 10 seconds and/or marked forehead wrinkling (> 50% but < 75% maximal intensity)
4. eye closure with squeezing, unable to open eyes within 10 seconds and/or intense forehead wrinkling (> 75% maximal intensity)

LOWER FACE

- 0 none
- 1 mild: grimacing of lower face with minimal distortion of mouth (< 25% maximal)
- 2 moderate: grimacing of lower face with moderate distortion of mouth (> 25% but < 50% maximal)
- 3 severe: marked grimacing with severe distortion of mouth (> 50% but < 75% maximal)
- 4 extreme: intense grimacing with extreme distortion of mouth (> 75% maximal)

JAW AND TONGUE

- 0 none
- 1 mild: jaw opening and/or tongue protrusion < 25% of possible range
or
forced jaw clenching without bruxism
- 2 moderate: jaw opening and/or tongue protrusion > 25% but < 50% of possible range
or
forced jaw clenching with mild bruxism secondary to dystonia
- 3 severe: jaw opening and /or tongue protrusion > 50%

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	<p>but < 75% of possible range</p> <p>or</p> <p>forced jaw clenching with pronounced bruxism secondary to dystonia</p> <p>4 extreme: jaw opening and/or tongue protrusion > 75% of possible range or forced jaw clenching with inability to open mouth</p> <p>LARYNX</p> <p>0 none</p> <p>1 mild: barely detectable hoarseness and/or choked voice and/or occasional voice breaks</p> <p>2 moderate: obvious hoarseness and/or choked voice and/ or frequent voice breaks</p> <p>3 severe: marked hoarseness and/or choked voice and/or continuous voice breaks</p> <p>4 extreme: unable to vocalize</p> <p>NECK</p> <p>0 none</p> <p>1 mild: movement of head from neutral position < 25% of possible normal range</p> <p>2 moderate: movement of head from neutral position > 25% but < 50% of possible normal range</p> <p>3 severe: movement of head from neutral position > 50% but < 75% of possible normal range</p> <p>4 extreme: movement of head from neutral position > 75% of possible normal range</p> <p>SHOULDER AND PROXIMAL ARM (Right and Left)</p> <p>0 none</p> <p>1 mild: movement of shoulder or upper arm < 25% of possible normal range</p> <p>2 moderate: movement of shoulder or upper arm 25% but < 50% of possible normal range</p> <p>3 severe: movement of shoulder or upper arm 50% but < 75% of possible</p>
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	<p>normal range</p> <p>4 extreme: movement of shoulder or upper arm 75% of possible</p> <p>normal range</p> <p>DISTAL ARM AND HAND INCLUDING ELBOW (Right and Left)</p> <p>0 none</p> <p>1 mild: movement of distal arm or hand < 25% of possible normal range</p> <p>2 moderate: movement of distal arm or hand 25% but < 50% of possible</p> <p>normal range</p> <p>3 severe: movement of distal arm or hand 50% but < 75% of possible</p> <p>normal range</p> <p>4 extreme: movement of distal arm or hand 75% of possible</p> <p>normal range</p> <p>PELVIS AND PROXIMAL LEG (Right and Left)</p> <p>0 none</p> <p>1 mild: tilting of pelvis or movement of proximal leg or hip < 25% of possible normal range</p> <p>2 moderate: tilting of pelvis or movement of proximal leg or hip 25% but < 50% of possible normal range</p> <p>3 severe: tilting of pelvis or movement of proximal leg or hip 50% but < 75% of possible normal range</p> <p>4. extreme: tilting of pelvis or movement of proximal leg or hip 75% of possible normal range</p> <p>DISTAL LEG AND FOOT INCLUDING KNEE (Right and Left)</p> <p>0 none</p> <p>1 mild: movements of distal leg or foot < 25% of possible normal range</p> <p>2 moderate: movements of distal leg or foot 25% but < 50% of possible normal range</p> <p>3 severe: movements of distal leg or foot 50% but < 75% of possible normal range</p> <p>4 extreme: movements of distal leg or foot 75% of possible normal range</p> <p>TRUNK</p> <p>0 none</p>
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	<p>1 mild: bending of trunk < 25% of possible normal range</p> <p>2 moderate: bending of trunk 25% but < 50% of possible normal range</p> <p>3 severe: bending of trunk > 50% but < 75% of possible normal range</p> <p>4 extreme: bending of trunk > 75% of possible normal range</p>
<p>Comments / Special instructions:</p>	<p>Advantages: Applicable to adult population. Assesses more body parts than other dystonia scales.</p> <p>Limitations: Requires more training to administer than other dystonia scales, e.g. BADS. More time consuming than BADS and BFMMS, designed for adults.</p> <p>Must be administered by a trained professional. (Monbaliu, 2010) In this study, the interrater reliability of the BADS, BFMMS, and UDRS total scores was found to be moderate to good and internal consistency in measuring dystonia in patients with CP was high. The high level of association between the three scales supports the concurrent validity. On the other hand, several items of the BADS and BFMMS, and most items of the UDRS, showed low interrater reliability. The high SEM and SDD reduce the sensitivity of the scales for clinical use. Further limitations are the insufficient accordance with the new CP definition and classification and the amalgamation of several levels of the ICF model. Thus, further study into the assessment of dystonia in patients with CP is warranted.</p>
<p>References:</p>	<p>Key Reference: Monbaliu et al, 2010, Pavone et al, 2012, Storch et al, 2007</p> <p>Monbaliu E, Ortibus E, Roelens F, Desloovere K, Deklerck J, Prinzie P, de Cock P, Feys H. Rating scales for dystonia in cerebral palsy: reliability and validity. Dev Med Child Neurol. 2010 Jun;52(6):570-5.</p>