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

<table>
<thead>
<tr>
<th>Scoring Each Test</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>unable to do without assistance</td>
<td>0</td>
</tr>
<tr>
<td>able to do so using nonmuscular help or in an abnormal style; uses arms to steady self when sitting</td>
<td>12</td>
</tr>
<tr>
<td>able to complete task normally</td>
<td>25</td>
</tr>
</tbody>
</table>

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: