

Exercise Therapy

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Coordination Assessment Clinical Tests

Tests to check coordination (Neuromuscular coordination)

Test	Purpose
Finger-to-Nose Test	Assesses upper-limb coordination and cerebellar function.
Finger-to-Finger Test	Evaluates accuracy and smoothness of upper-limb movements.
Alternate Nose-to-Finger Test	Tests coordination, proprioception, and cerebellar control.
Rapid Alternating Movements (Dysdiadochokinesia Test)	Assesses ability to perform rapid alternating movements.
Past Pointing Test	Detects cerebellar dysfunction by observing overshooting of targets.
Rebound Phenomenon (Holmes Test)	Evaluates ability to stop movement appropriately.
Heel-to-Shin Test	Assesses lower-limb coordination and cerebellar function.
Toe-to-Examiner's Finger Test	Evaluates lower-extremity coordination.
Foot Tapping Test	Assesses rapid alternating lower-limb movements.
Tandem Walking Test	Evaluates dynamic balance and coordination.
Heel Walking Test	Assesses coordinated dorsiflexor muscle activity.
Toe Walking Test	Assesses coordinated plantar flexor activity.
Romberg Test	Assesses sensory integration and postural coordination.
Sharpened Romberg Test (Tandem Romberg)	More challenging assessment of balance and coordination.
Single-Leg Stance Test	Evaluates static balance and neuromuscular control.
Fukuda Stepping Test (Unterberger Test)	Assesses vestibulospinal coordination.

Frenkel's Coordination Tests	Series of exercises used to evaluate and train coordination in patients with sensory ataxia.
Luria's Three-Step Motor Sequence Test	Assesses motor planning and coordination.
Star Excursion Balance Test (SEBT)	Evaluates dynamic neuromuscular control and balance.
Y-Balance Test	Measures dynamic balance and lower-extremity neuromuscular control.
Functional Reach Test	Assesses balance and coordinated movement control.
Berg Balance Scale	Evaluates functional balance and coordination during daily activities.
Timed Up and Go (TUG) Test	Assesses functional mobility, balance, and coordination.
Nine-Hole Peg Test	Measures fine motor coordination and dexterity of the hand.
Purdue Pegboard Test	Evaluates fine motor coordination and bilateral hand function.
Box and Block Test	Assesses gross manual dexterity and coordination.

References:

1. Kisner, Colby & Borstad: Therapeutic Exercise: Foundations and Techniques
2. O'Sullivan & Schmitz: Physical Rehabilitation
3. Magee: Orthopedic Physical Assessment
4. Umphred: Neurological Rehabilitation

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