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Vignos Lower Extremity Scale

Availability:	The instrument is freely available here: <a href="#">Vignos Rating Scale</a>
Classification:	Supplemental – Highly Recommended for Duchenne Muscular Dystrophy (DMD) Supplemental for Congenital Muscular Dystrophy (CMD)
Short Description of Instrument:	The Vignos Lower Extremity Scale was developed to assess lower extremity function and also to help document progression. Additional equipment is needed to perform this test.
Scoring:	<p>Functional Grades: Hips and Legs</p> <p>Walks and climbs stairs without assistance</p> <p>Walks and climbs stairs with the aid of a railing</p> <p>Walks and climbs stairs slowly (elapsed time of more than 12 seconds for 4 std. stairs) with aid of a railing</p> <p>Walks unassisted and rises from a chair, but cannot climb stairs</p> <p>Walks unassisted but cannot rise from a chair or climb stairs</p> <p>Walks only with assistance or walks independently with long-leg braces</p> <p>Walks in long-leg braces but requires assistance for balance</p> <p>Stands in long leg braces, but is unable to walk even with assistance</p> <p>Is in a wheelchair</p> <p>Is confined to bed</p>
References:	<p>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.</p> <p>Vignos PJ, Spencer CE, Archibald KC. (1963) Management of progressive muscular dystrophy in childhood.JAMA 184:389-96.</p>