

PREP2 Basic: SAFE Score

The SAFE score is calculated by scoring shoulder abduction and finger extension of the paretic upper limb using the Medical Research Council grades.

The patient's strength in each of these movements is scored between 0 and 5. You can use the grades below. Avoid using + and – signs to keep things simple.

0 = no palpable muscle activity

1 = palpable muscle activity but no movement

2 = limited active range of motion without gravity

3 = full active range of motion against gravity but no resistance

4 = full active range of motion against gravity and resistance but weaker than the other side

5 = normal strength

Each set is graded separately, and then the two scores are added together to calculate the SAFE score out of 10.

For patients with inattention or fatigue, efforts should be made to ensure the patient is focused on the arm to provide the most accurate indication of strength.

For more information and scoring: <https://preptraining.auckland.ac.nz/safe-score/>