



The General Movements Optimality Score-Revised (GMOS-R)

Detailed Assessment of General Movements during Preterm and Term Age:

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The GM Trust

Name		Date of Birth	
Recording Date		Postmenstrual Age Weeks	
Behavioural State (Coincidence)		<input type="checkbox"/> State 2 (Active Sleep) <input type="checkbox"/> State 4 (Active Wakefulness)	
GM CATEGORY	<input type="checkbox"/> Normal <input type="checkbox"/> Poor Repertoire <input type="checkbox"/> Cramped-Synchronised <input type="checkbox"/> Chaotic	SEQUENCE	<input type="checkbox"/> 2 variable <input type="checkbox"/> 1 monotonous and/or incomplete sequence <input type="checkbox"/> 0 synchronised <input type="checkbox"/> 0 disorganised

Detailed Scoring:

NECK	TRUNK
<input type="checkbox"/> 2 variably involved in the sequence <input type="checkbox"/> 1 isolated movements <input type="checkbox"/> 0 does not move at all	<input type="checkbox"/> 2 fluent and elegant rotations <input type="checkbox"/> 1 repetitive or few rotations <input type="checkbox"/> 0 almost no rotations or en bloc movement

	UPPER EXTREMITIES	LOWER EXTREMITIES
Amplitude	<input type="checkbox"/> 2 variable <input type="checkbox"/> 1 monotonous <input type="checkbox"/> 0 almost always small <input type="checkbox"/> 0 almost always large	<input type="checkbox"/> 2 variable <input type="checkbox"/> 1 monotonous <input type="checkbox"/> 0 almost always small <input type="checkbox"/> 0 almost always large
Speed	<input type="checkbox"/> 2 variable <input type="checkbox"/> 1 monotonous <input type="checkbox"/> 0 almost always slow <input type="checkbox"/> 0 almost always fast	<input type="checkbox"/> 2 variable <input type="checkbox"/> 1 monotonous <input type="checkbox"/> 0 almost always slow <input type="checkbox"/> 0 almost always fast
Spatial range	<input type="checkbox"/> 2 full age-specific space used <input type="checkbox"/> 1 limited space <input type="checkbox"/> 0 in one plane only, e.g. only on surface	<input type="checkbox"/> 2 full age-specific space used <input type="checkbox"/> 1 limited space <input type="checkbox"/> 0 in one plane only, e.g. lifted-released
Proximal rotatory components	<input type="checkbox"/> 2 present, variable, fluent and elegant <input type="checkbox"/> 1 present but monotonous <input type="checkbox"/> 0 almost no rotations	<input type="checkbox"/> 2 present, variable, fluent and elegant <input type="checkbox"/> 1 present but monotonous <input type="checkbox"/> 0 almost no rotations
Distal rotatory components	<input type="checkbox"/> 2 present, variable, fluent and elegant <input type="checkbox"/> 1 present but monotonous <input type="checkbox"/> 0 almost no rotations	<input type="checkbox"/> 2 present, variable, fluent and elegant <input type="checkbox"/> 1 present but monotonous <input type="checkbox"/> 0 almost no rotations
Beginning	<input type="checkbox"/> 2 smooth and gradually increasing <input type="checkbox"/> 1 minimal fluctuation <input type="checkbox"/> 0 almost always abrupt	<input type="checkbox"/> 2 smooth and gradually increasing <input type="checkbox"/> 1 minimal fluctuation <input type="checkbox"/> 0 almost always abrupt
End	<input type="checkbox"/> 2 smooth and gradually decreasing <input type="checkbox"/> 1 minimal fluctuation <input type="checkbox"/> 0 almost always abrupt	<input type="checkbox"/> 2 smooth and gradually decreasing <input type="checkbox"/> 1 minimal fluctuation <input type="checkbox"/> 0 almost always abrupt
Stiffness	<input type="checkbox"/> 2 movements are smooth without stiffness <input type="checkbox"/> 1 stiffness occasionally present <input type="checkbox"/> 0 stiffness almost always present	<input type="checkbox"/> 2 movements are smooth without stiffness <input type="checkbox"/> 1 stiffness occasionally present <input type="checkbox"/> 0 stiffness almost always present

Subscore SEQUENCE (0 – 2)	
Sub Subscore NECK and TRUNK (0 – 4)	
Subscore UPPER EXTREMITIES (0 – 16)	
Subscore LOWER EXTREMITIES (0 – 16)	
Total GMOS-R (0-38)	

<input type="checkbox"/> LMIC/UMIC <input type="checkbox"/> HIC	
Age-Specific Centile Rank within GM Category	