

C.M.E CUEVAS MEDEK EXERCISE

Note: Only CME certified practitioners are allowed to apply this test.

NAME _____ DATE ____ / ____ / ____
 DATE OF BIRTH _____ AGE _____ DIAGNOSIS _____
 _____ BY _____

Score 3 = Complete response / **Score 2** = Incomplete response / **Score 1** = Minimal response / **Score = 0** No response

ITEMS OR MOTOR FUNCTION:	Assessment	Control
1. NECK EXTENSION IN PRONE POSITION _____		
2. HEAD VERTICAL TO FORWARD SLOPE _____		
3. HEAD VERTICAL TO BACKWARD SLOPE _____		
4. HEAD VERTICAL TO RIGHT SIDE SLOPE _____		
5. HEAD VERTICAL TO LEFT SIDE SLOPE _____		
6. NECK EXTENSION IN PRONE / HEAD OFF THE TABLE _____		
7, NECK LEFT SIDE FLEXION / HEAD OFF THE TABLE _____		
8. NECK RIGHT SIDE FLEXION / HEAD OFF THE TABLE _____		
9. NECK FLEXION IN SUPINE / HEAD OFF THE TABLE _____		
10. ARMS PROTECTIVE REACTION _____		
11. LEFT ARM SIDEWAYS PROTECTIVE REACTION _____		
12. RIGHT ARM SIDEWAYS PROTECTIVE REACTION _____		
13. ROLLING FROM PRONE TO SUPINE POSITION _____		
14. ROLLING FROM SUPINE TO PRONE POSITION _____		
15. SELF SUPPORTED SITTING POSTURE _____		
16. UNSUPPORTED SITTING POSTURE _____		
17. TRUNK VERTICAL TO BACKWARD SLOPE _____		
18. TRUNK VERTICAL TO FORWARD SLOPE _____		
19. TRUNK VERTICAL TO RIGHT SIDE SLOPE _____		
20. TRUNK VERTICAL TO LEFT SIDE SLOPE _____		
21. TRUNK EXTENSION _____		
22. WEIGHT BEARING _____		
23. INDEPENDENT SITTING FROM PRONE POSITION _____		
24. INDEPENDENT SITTING FROM SUPINE POSITION _____		

ITEMS OR MOTOR FUNCTION:	Assessment	Control
25. QUADRUPED LOCOMOTION		
26. LEANING / GRASPING STANDING POSTURE		
27. STANDING BY ONE HORIZONTAL FOREARM		
28. STANDING BY HANDS ON WALL		
29. KNEELING TO STANDING LEAN / GRASP		
30. KNEELING TO STANDING BY HANDS ON WALL		
31. LEANING / GRASPING SIDEWAYS STEPS		
32. STEPS BY ONE HAND / ARM HORIZONTAL		
33. STEPS BY HANDS ON WALL		
34. FREE STANDING POSTURE		
35. FREE STEPS		
36. FREE STANDING FROM THE FLOOR		
37. FREE BACKWARD STEPS		
38. FREE STEP OVER SMALL OBSTACLE		
39. FREE STEPS OUT OF 10 CM. BOX		
40. FREE STEPS DOWN FROM 10 CM. BOX		
41. FREE STEPS UP ON 10 CM. BOX		

Total score _____ Divided by 7.6 = Functional age _____ months versus chronological age of _____ months.
 Functional Gap _____ months.

CME Assumption: Low score in items 9 at 4 months of age, 15 at 7 months of age, and 26 at 10 months of age can be predictors of developmental motor impairment.

RECORD

PRENATAL _____

PERINATAL _____

POSTNATAL _____

MUSCLE TONE _____

REFLEXES _____

SKELETAL CONDITION _____

INITIAL CME PROGRAM _____