

NEWBORN MOVEMENT ASSESSMENT™ EVALUATION WORKSHEET

BIRTH EVALUATION

Please enter a "1" for each of the following birth experiences. If you had a natural childbirth with no other intervention, please skip to the following section.

Types of Childbirth	
Natural Childbirth	
Induced Delivery	
Forceps Delivery	
Use of Vacuum Extraction	

Medicated Childbirth	
Epidural Block	
Pudendal Block	
Spinal Block	
Caudal Block	

Surgical Childbirth	
Cesarean Birth	
General Anesthesia	

Hospitalization (Enter Amount of Days)	
Days in Hospital (NICU)	
Surgery	
Phototherapy	

Medical Assessments	
Diagnosis	
Other Medical Concerns	

FINAL BIRTH SCORE	
TOTAL	

ROTATION EVALUATION

Please enter the following scores:
 0 = Rotation and symmetry observed
 1 = Lack of rotation or asymmetry observed

Rotation	
Head	

Rotation: Left Side	
Shoulder	
Arm/Elbow	
Hand/Wrist	
Pelvis	
Spine	
Chest	
Leg/Knee	
Foot/Ankle	

Rotation: Right Side	
Shoulder	
Arm/Elbow	
Hand/Wrist	
Pelvis	
Spine	
Chest	
Leg/Knee	
Foot/Ankle	

FINAL ROTATION SCORE	
TOTAL	

TOTAL ROTATION SCORE	
Final Birth Score	
Final Rotation Score	
TOTAL	



SCORES

0 - 5 Low Risk

Your child is presenting with developmental movement patterns and is responding in typical newborn mannerisms. Feel free to review rotation and initiate gentle healthy touch as you continue to bond with your child.

5 - 10 Slight Risk

Whether your score is just from the events during the birthing process and time in the hospital and the rotation is presenting as normal or typical, your child has concerns with slight or some signs of inability to move and/or react to stimulus. Start applying Movement Lesson and initiating gently healthy touch during bonding activities and play. Re-assess your baby within a few days to a week and note if rotation scores have improved or remain unchanged.

10 - 15 Moderate Risk

Your child is showing signs that they might be at risk for short or long term developmental concerns. Start applying Movement Lesson and initiating gently healthy touch on a daily basis, once to two times per day for a period of fifteen minutes to one hour. Re-assess your baby within a few days to a week and on a weekly basis to note any rotation and development. Review these notes with your physician.

15 + High Risk

Your child has been presented with care to help it become medically sound. During and after hospitalization, start applying Movement Lesson and initiating gently healthy touch on a daily basis, throughout the day in localized effected areas and throughout their system, for a period of fifteen minutes to one hour. Re-assess your baby within a few days to a week and on a weekly basis to note any rotation and development. Review these notes with your physician.

The Newborn Movement Assessment™ NMA is not intended to substitute for medical advice of physicians. The reader should regularly consult a physician in matters relating to their child's health and particularly with respect to any symptoms that may require diagnosis or medical attention.

