

NEUROMUSCULAR MATURITY

SIGN	SCORE							SIGN SCORE
	-1	0	1	2	3	4	5	
Posture								
Square Window								
Arm Recoil								
Popliteal Angle								
Scarf Sign								
Heel To Ear								
TOTAL NEUROMUSCULAR SCORE								

MATURITY RATING

TOTAL SCORE	WEEKS
-10	20
-5	22
0	24
5	26
10	28
15	30
20	32
25	34
30	36
35	38
40	40
45	42
50	44

SIGN	SCORE							SIGN SCORE
	-1	0	1	2	3	4	5	
Skin	Sticky, friable, transparent	gelatinous, red, translucent	smooth pink, visible veins	superficial peeling &/or rash, few veins	cracking, pale areas, rare veins	parchment, deep cracking, no vessels	leathery, cracked, wrinkled	
Lanugo	none	sparse	abundant	thinning	bald areas	mostly bald		
Plantar Surface	heel-toe 40-50mm: -1 <40mm: -2	>50 mm no crease	faint red marks	anterior transverse crease only	creases ant. 2/3	creases over entire sole		
Breast	imperceptible	barely perceptible	flat areola no bud	stippled areola 1-2 mm bud	raised areola 3-4 mm bud	full areola 5-10 mm bud		
Eye / Ear	lids fused loosely: -1 tightly: -2	lids open pinna flat stays folded	sl. curved pinna; soft; slow recoil	well-curved pinna; soft but ready recoil	formed & firm instant recoil	thick cartilage ear stiff		
Genitals (Male)	scrotum flat, smooth	scrotum empty, faint rugae	testes in upper canal, rare rugae	testes descending, few rugae	testes down, good rugae	testes pendulous, deep rugae		
Genitals (Female)	clitoris prominent & labia flat	prominent clitoris & small labia minora	prominent clitoris & enlarging minora	majora & minora equally prominent	majora large, minora small	majora cover clitoris & minora		
TOTAL PHYSICAL MATURITY SCORE								

Gestation by Dates

	weeks
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Birth date	Hour		
		am	pm

APGAR	1 min	5min

Scoring

Gest. Age by Maturity Rating	_____ weeks
Time of Exam	Date _____ am Hour _____ pm
Age at Exam	_____ hours

Signature of Examiner

M.D. / R.N.

References :

Ballard JL, Khoury JC, Wedig K, et al: New Ballard Score, expanded to include extremely premature infants. *J Pediatrics* 1991; 119:417-423.

<http://ballardscore.com/Pages/ScoreSheet.aspx>