

The Rehabilitation Index

Overview: The Rehabilitation Index is a measure of the resources that a person has to aid in his or her response to injury and to be rehabilitated as much as possible.

Factors measured:

- (1) impairment from injury
- (2) chronicity
- (3) expected response
- (4) intelligence quotient
- (5) past performance in work and school
- (6) emotional stability (poor to good)
- (7) personality (poor to good)
- (8) influence of socio-economic status (bad to good)
- (9) influence of other physical defects (marked to none)
- (10) motivation

Scoring:

- points assigned from 1 to 10
- The higher the score the better the resource (1 = worst 10 = best)

rehabilitation index = SUM(points for all 10 factors)

Interpretation:

- minimum score: 10
- maximum score: 100
- An index ≤ 48 indicates that the patient is a poor risk for rehabilitation.

Limitations:

- All factors are graded equally but factors such as intelligence emotional stability and motivation can help some patients overcome adversity despite poor scores in other areas.

References:

Robinson HM Pass C Silverstein EH. The Rehabilitation Index. Arch Dermatol. 1971; 103: 174-179.

Robinson HM. Measurement of impairment and disability in dermatology. Arch Dermatol. 1973; 108: 207-209.