

The Ballard Score, Neuromuscular Maturity Signs (SCORE -1 to 5)

Posture
Square Window
Arm Recoil
Popliteal Angle
Scarf Sign
Heel to Ear

The New Ballard Score Physical Maturity Score

SIGN	-1	0	1	2	3	4	5	SIGN SCORE
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		
Planto Surface	Heel-toe 40-50mm: - 1<40mm: -2	>50mm 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 1-2mm bud	Raised areola 3-4mm bud	Full areola 5-10mm 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 and 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								

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