

Ballard Gestational Age scale

Neuromuscular Maturity

Score	-1	0	1	2	3	4	5
Posture							
Square window (wrist)							
Arm recoil							
Popliteal angle							
Scarf sign							
Heel to ear							

Physical Maturity

Score	-1	0	1	2	3	4	5
Skin	Sticky, fragile, transparent	Gelatinous, red, translucent	Smooth, pink, visible veins	Superficial peeing and/or rash; few veins	Cracking, pale areola; rare veins	Particrent deep cracking; no vesicles	Leathery cracked wrinkled
Lanugo	None	Scarse	Abundant	Thinning	Bald areas	Mostly bald	Maturity Rating
Plantar surface	Heel size 40-50 mm; -1	> 50 mm; no crease	Faint red marks	Anterior transverse crease only	Creases anterior 2/3	Creases over entire sole	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
Breast	Imperceptible	Barely perceptible	Full areola; no bud	Stippled areola; 1-2 mm bud	Raised areola; 3-4 mm bud	Full areola; 5-10 mm bud	
Eye/Ear	Uds fused loosely -1 tightly -2	Uds open; pinna flat; styes folded	Slightly curved pinna; soft slow recoil	Well curved pinna; soft full ready recoil	Formed and firm; nabel	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 fat	Clitoris prominent; small labia minora	Clitoris prominent; enlarging minora	Majora and minora equally prominent	Majora large; minora small	Majora cover clitoris and minora	

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