

CHILDHOOD MYOSITIS ASSESSMENT SCALE (CMAS) SCORING SHEET

Subject's IMACS number _____ Assessor _____ Date of assessment (mm/dd/yyyy) _____ Assessment number _____

1. HEADLIFT:

0 = Unable 3 = 30-59
1 = 1-9 sec 4 = 60-119 sec
2 = 10-29 5 = \geq 2 min # of sec _____
NA = Not Assessed

2. LEG RAISE/TOUCHOBJECT:

0 = Unable to lift leg off table.
1 = Able to clear table but cannot touch object (examiner's hand).
2 = Able to lift leg high enough to touch object (examiner's hand).
NA = Not assessed

3. STRAIGHT LEG LIFT/DURATION:

0 = Unable 3 = 30-59 sec
1 = 1-9 sec 4 = 60-119 sec
2 = 10-29 sec 5 = \geq 2 min # of sec _____
NA = Not Assessed

4. SUPINE TOPRONE:

0 = Unable. Has difficulty even turning onto side; able to pull right arm under torso only slightly or not at all.
1 = Turns onto side fairly easily but cannot fully free right arm and is unable to fully assume a prone position.
2 = Easily turns onto side; has some difficulty freeing arm, but fully frees arm and fully assumes a prone position.
3 = Easily turns over, fully frees right arm with no difficulty.
NA = Not Assessed

5. SITS-UPS:

Hands on thighs, with counterbalance _____
Hands across chest, with counterbalance _____
Hands behind head, with counterbalance _____
Hands on thighs, without counterbalance _____
Hands across chest, without counterbalance _____
Hands behind head, without counterbalance _____
Total Sit-up Score (0-6) _____
NA = Not Assessed

6. SUPINE TO SIT:

0 = Unable by self.
1 = Much difficulty. Very slow, struggles greatly, barely makes it.
Almost unable.
2 = Some difficulty. Able, but is somewhat slow, struggles some.
3 = No difficulty.
NA = Not Assessed

7. ARM RAISE/STRAIGHTEN:

0 = Cannot raise wrists up to the level of the A-C joint.
1 = Can raise wrists at least up to the level of the A-C joint, but not above top of head.
2 = Can raise wrists above top of head but cannot raise arms straight above head so that elbows are in full extension.
3 = Can raise arms straight above head so that elbows are in full extension.
NA = Not Assessed

8. ARM RAISE/DURATION: Can maintain wrists above top of head for:

0 = Unable 3 = 30-59 sec
1 = 1-9 sec 4 = \geq 60 sec
2 = 10-29 sec # of sec _____
NA = Not Assessed

9. FLOOR SIT: Going from a standing position to a sitting position on the floor:

0 = Unable. Afraid to even try, even if allowed to use a chair for support. Child fears that he/she will collapse, fall into a sit, or harm self.
1 = Much difficulty. Able, but needs to hold onto a chair for support during descent. Unable, or unwilling to try if not allowed to use a chair for support.
2 = Some difficulty. Can go from stand to sit without using a chair for support but has at least some difficulty during descent. May need Gower's. Descends somewhat slowly and/or apprehensively; may not have full control or balance as maneuvers into a sit.
3 = No difficulty. Requires no compensatory maneuvering.
NA = Not Assessed

10. ALL FOURS MANEUVER:

0 = Unable to go from a prone to an all-fours position.
1 = Barely able to assume and maintain an all-fours position. Unable to raise head to look straight ahead.
2 = Can maintain all-fours position with back straight and head raised (so as to look straight ahead). But cannot creep (crawl) forward.
3 = Can maintain all-fours, look straight ahead and creep (crawl) forward.
4 = Maintains balance while lifting and extending one leg.
NA = Not Assessed

11. FLOOR RISE: Going from a kneeling position on the floor to a standing position:

0 = Unable, even if allowed to use a chair for support.
1 = Much difficulty. Able, but needs to use a chair for support. (Unable if not allowed to use a chair.)
2 = Moderate difficulty. Able to get up without using a chair for support but needs to place one or both hands on thighs/knees or floor. (Unable without using hands.)
3 = Mild difficulty. Does not need to place hands on knees, thighs or floor, but has at least some difficulty during ascent.
4 = No difficulty.
NA = Not Assessed

12. CHAIR RISE:

0 = Unable to rise up from chair, even if allowed to place hands on sides of chair seat.
1 = Much difficulty. Able, but needs to place hands on sides of seat. Unable if not allowed to place hands on sides of seat.
2 = Moderate difficulty. Able, but needs to place hands on knees/thighs. Does not need to place hands on sides of seat.
3 = Mild difficulty. Does not need to place hands on seat, knees or thighs but has at least some difficulty during ascent.
4 = No difficulty.
NA = Not Assessed

13. STOOL STEP:

0 = Unable.
1 = Much difficulty. Able, but needs to place one hand on exam table (or examiner's hand).
2 = Some difficulty. Able, does not need to use exam table for support, but needs to use hand on knee/thigh.
3 = Able. Does not need to use exam table or hand on knee/thigh.
NA = Not Assessed

14. PICK-UP:

0 = Unable to bend over and pick up pencil off floor.
1 = Much difficulty. Able, but relies heavily on support gained by placing hands on knees/thighs.
2 = Some difficulty. Has some difficulty (but not "much-difficulty"). Needs to at least minimally and briefly place hand(s) on knees/thighs for support. Is somewhat slow.
3 = No difficulty. No compensatory maneuver necessary.
NA = Not Assessed

The maximum possible total score for the 14 maneuvers is 52 (52 "points of muscle strength/function").

TOTAL CMAS SCORE: _____