

IMACS FORM 05c:
CHILDHOOD MYOSITIS ASSESSMENT SCALE (CMAS) SCORING SHEET

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

1. **HEAD LIFT:**
 0 = Unable 3 = 30-59
 1 = 1-9 sec 4 = 60-119 sec
 2 = 10-29 5 = ≥ 2 min # of sec _____
2. **LEG RAISE/TOUCH OBJECT:**
 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).
3. **STRAIGHT LEG LIFT/DURATION:**
 0 = Unable 3 = 30-59 sec
 1 = 1-9 sec 4 = 60-119 sec
 2 = 10-29 sec 5 = ≥ 2 min # of sec _____
4. **SUPINE TO PRONE:**
 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.
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) _____
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.
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.
8. **ARM RAISE/DURATION:** Can maintain wrists above top of head for:
 0 = Unable 3 = 30-59 sec
 1 = 1-9 sec 4 = ≥ 60 sec
 2 = 10-29 sec # of sec _____
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.
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.
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.
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.
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.
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.

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

TOTAL CMAS SCORE: _____