

## Manual Muscle Testing 8 (MMT-8) Scoring Sheet

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

Muscle Groups	Right (0 – 10)	Left (0 – 10)	Axial (0 – 10)
<b>Axial Muscles (0 – 10)</b>			
Neck Flexors (0 – 10)	x	x	
<b>Proximal Muscles (0 – 100)</b>			
Deltoid middle (0 – 20)			x
Biceps brachii (0 – 20)			x
Gluteus maximus (0 – 20)			x
Gluteus Medius (0 – 20)			x
Quadriceps (0 – 20)			x
<b>Distal Muscles (0 – 40)</b>			
Wrist Extensors (0 – 20)			x
Ankle dorsiflexors (0 – 20)			x
<b>MMT8 score* (0 – 80)</b>			
<b>Bilateral MMT8 score** (0 – 150)</b>			

\***MMT8** is a set of 8 designated muscles tested unilaterally (potential score 0 – 80), generally on right side (unless cannot be tested on right, then use left side).

Rider LG, Koziol D, Giannini EH, et al. Validation of manual muscle testing and a subset of eight muscles for adult and juvenile idiopathic inflammatory myopathies. *Arthritis Care Res (Hoboken)*. 2010 Apr;62(4):465-72. doi: 10.1002/acr.20035. PMID: 20391500; PMCID: PMC2924143.

\*\***Bilateral MMT8**: The potential range is 0 to 150. It includes the sum of one axial muscle unilaterally, 5 proximal muscle groups bilaterally, and 2 distal muscle groups bilaterally.

Oddis CV, Reed AM, Aggarwal R, et al. Rituximab in the treatment of refractory adult and juvenile dermatomyositis and adult polymyositis: a randomized, placebo-phase trial. *Arthritis Rheum*. 2013 Feb;65(2):314-24. doi: 10.1002/art.37754. PMID: 23124935; PMCID: PMC3558563.

## Key to Muscle Grading

	Function of the Muscle	Grade		
<b>No Movement</b>	No contractions felt in the muscle	0	0	Zero
	Tendon becomes prominent or feeble contraction felt in the muscle, but no visible movement of the part	T	1	Trace
<b>Test Movement</b>	<b>MOVEMENT IN HORIZONTAL PLANE</b>			
	Moves through partial range of motion	1	2-	Poor-
	Moves through complete range of motion	2	2	Poor
	<b>ANTIGRAVITY POSITION</b>			
	Moves through partial range of motion	3	2+	
<b>Test Position</b>	<i>Gradual</i> release from test position	4	3-	Fair-
	Holds test position (no added pressure)	5	3	Fair
	Holds test position against slight pressure	6	3+	Fair+
	Holds test position against slight to moderate pressure	7	4-	Good-
	Holds test position against moderate pressure	8	4	Good
	Holds test position against moderate to strong pressure	9	4+	Good+
	Holds test position against strong pressure	10	5	Normal

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