

The Functional Index – 3 Instructions

- Disease-specific functional outcome assessing muscle endurance in adult patients with dermatomyositis (DM) and polymyositis (PM).
- Equipment:
 - a chair without back or arm support
 - a bench with horizontal head support, a pillow
 - a 1-kg weight cuff
 - a digital metronome

Instructions

- **Instruction to patient:**
 - Perform as many repetitions of each task as you can or stop when reaching maximal number of repetitions. However, you decide when to stop due to muscle fatigue, pain or general fatigue.
- **Instruction to observer:**
 - Numbers of correct performed repetitions following five learning repetitions are registered for each task.
 - If passive ROM is normal, but active ROM is limited the score is 0. Do not perform the task. If passive ROM equals active ROM perform the task within actual ROM.
 - Each task is stopped if:
 - the patient cannot keep up the given pace and is unable to correct within three repetitions
 - the patient starts to compensate and is unable to correct within three repetitions.
 - After completing each task, the patient is instructed to rate perceived muscular exertion on the Borg CR-10 scale from 0-10 (0=no exertion, 10=maximal exertion).
 - A metronome is used to standardize the movement pace of each task.

Modified from online supplement to: Functional Index-3: A Valid and Reliable Functional Outcome Assessment Measure in Dermatomyositis and Polymyositis Patients. The Journal of Rheumatology. doi:10.3899/jrheum.191374

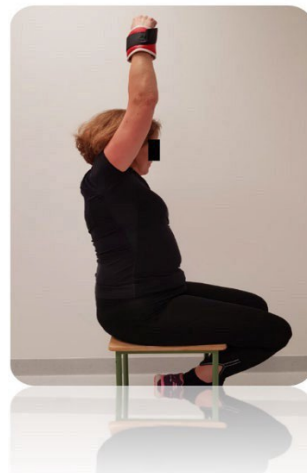
The Modified Borg CR-10 scale

Perceived muscle exertion

- | | |
|-----|----------------------------|
| 0 | Nothing at all |
| 0.5 | Extremely weak |
| 1 | Very weak |
| 2 | Weak (light) |
| 3 | Moderate |
| 4 | Somewhat strong |
| 5 | Strong (heavy) |
| 6 | |
| 7 | Very Strong |
| 8 | |
| 9 | |
| 10 | Extremely strong (maximal) |

Borg GA 1982
Karolinska Institutet, Stockholm, Sweden

Shoulder Flexion



Sit on a chair without back support with 1 kg weight cuff around wrist. Start with the right arm. Perform as many repetitions as possible, then switch sides.

Pace: 40 beats / minute = 20 repetitions / minute

Maximal number of repetitions: 60

Head Lift



Lying on a bench with horizontal head support. No pillow.
Lift the head as much as possible. Perform as many repetitions as possible.

Pace: 40 beats / minute = 20 repetitions / minute

Maximal number of repetitions: 30

Hip Flexion



Lying on a bench, pillow under head. Straight leg raises (heel 40 cm from bench). Perform as many repetitions as possible, then switch sides

Pace: 40 beats / minute = 20 repetitions / minute

Maximal number of repetitions: 60