**Childhood Myositis Assessment Scale (CMAS) Scoring Sheet**

1. **Head elevation (neck flexion):**
   - Item score: 
   - 0 = Unable
   - 1 = 1-9 seconds
   - 2 = 10-29 seconds
   - 3 = 30-59 seconds
   - 4 = 60-119 seconds
   - 5 = >2 minutes
   - No. Of seconds: 

2. **Leg raise/touch object:**
   - Item score: 
   - 0 = Unable to lift leg off table
   - 1 = Able to clear table, but cannot touch object
   - 2 = Able to lift leg high enough to touch object

3. **Straight leg lift/duration:**
   - Item score: 
   - 0 = Unable
   - 1 = 1-9 seconds
   - 2 = 10-29 seconds
   - 3 = 30-59 seconds
   - 4 = 60-119 seconds
   - 5 = >2 minutes
   - No. of seconds: 

4. **Supine to prone:**
   - Item score: 
   - 0 = Unable. Has difficulty even turning onto side; able to pull arms under torso only slightly or not at all.
   - 1 = Turns onto side fairly easily, but cannot fully free arms and is not able to fully assume a prone position.
   - 2 = Easily turns onto side; has some difficulty freeing arms, but fully frees them and fully assumes a prone position.
   - 3 = Easily turns over, free arms with no difficult.

5. **Sit-ups:**
   - Item score: 
   - For each type of sit-up enter either "0" (unable) or "1" (able). Then enter the total subscore. (maximum possible item score 6.)
   - 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 –

6. **Supine to sit:**
   - Item score: 
   - 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:**
   - Item score: 
   - 0 = Cannot raise wrists
   - 1 = Can raise wrists at least up to the level of the acromioclavicular 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:**
   - Item score: 
   - Can maintain wrists above top of head for:
   - 0 = Unable
   - 1 = 1-9 seconds
   - 2 = 10-29 seconds
   - 3 = 30-59 seconds
   - 4 = 60-119 seconds
   - 5 = >120 seconds
   - No. of seconds:
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 able 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. Descends somewhat slowly and/or apprehensively; may not have full control or balance as manoeuvres into a sit.
3 = No difficulty. Requires no compensatory manoeuvring.

10. All-fours manoeuvre:

0 = Unable to go from a prone to an all-fours position.
1 = Barely able to assume and maintain an all-fours position.
2 = Can maintain all-fours position with straight back 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 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. Unable if not allowed to use a chair.
1 = Much 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.
2 = Moderate difficulty. Able, 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 rises:

0 = Unable to rise 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 knees/thighs.
2 = Moderate difficulty. Able, but needs to place hands on knees/thighs. Does not need to place hands on side of seat.
3 = Mild difficulty. Able; does not need to use hands at all, but has at least some difficulty.
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(s) on knee/thigh.
3 = Able. Does not need to use exam table or hand(s) 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 hand(s) on knees/thighs.
2 = Some difficulty. Needs to at least minimally and briefly place hand(s) on knees/thighs for support and is somewhat slow.
3 = No difficulty. No compensatory manoeuvre necessary.

TOTAL SCORE (Max = 53).........................