

**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 = 1-9seconds
- 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:**

Item score.....

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:**

Item score.....

- 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:**

Item score.....

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 rises;**

Item score.....

- 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:**

Item score.....

- 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:**

Item score.....

- 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).....**