

# MRC Scale for Muscle Strength

## MRC SCALE FOR MUSCLE STRENGTH

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Examiner: \_\_\_\_\_ Date of exam: \_\_\_\_\_ dd / mm / yyyy

MRC scale for muscle strength: Grade 5 - Normal  
Grade 4 - Movement against gravity and resistance  
Grade 3 - Movement against gravity over (almost) the full range  
Grade 2 - Movement of the limb but not against gravity  
Grade 1 - Visible contraction without movement of the limb (not existent for hip flexion)  
Grade 0 - No visible contraction  
MRC grade for each muscle must be given in full numbers. For example, 4+ or 4.5 is equal to 4. 4- is equal to 3, and 5- is equal to 4.

Left arm - Score for shoulder abductors:

- 0
- 1
- 2
- 3
- 4
- 5

Left arm - Score for elbow flexors:

- 0
- 1
- 2
- 3
- 4
- 5

Left arm - Score for wrist extensors:

- 0
- 1
- 2
- 3
- 4
- 5

Right arm - Score for shoulder abductors:

- 0
- 1
- 2
- 3
- 4
- 5

Right arm - Score for elbow flexors:

- 0
- 1
- 2
- 3
- 4
- 5

Right arm - Score for wrist extensors:

- 0
- 1
- 2
- 3
- 4
- 5

Left leg - Score for hip flexors:

- 0
- 1
- 2
- 3
- 4
- 5

Left leg - Score for knee extensors:

- 0
- 1
- 2
- 3
- 4
- 5

Left leg - Score for foot dorsiflexors:

- 0
- 1
- 2
- 3
- 4
- 5

Right leg - Score for hip flexors:

- 0
- 1
- 2
- 3
- 4
- 5

Right leg - Score for knee extensors:

- 0
- 1
- 2
- 3
- 4
- 5

Right leg - Score for foot dorsiflexors:

- 0
- 1
- 2
- 3
- 4
- 5

Total (out of 60): \_\_\_\_\_

Additional notes: