

# 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:

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- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Left leg - Score for hip flexors:

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- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Left leg - Score for knee extensors:

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- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Left leg - Score for foot dorsiflexors:

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- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Right leg - Score for hip flexors:

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- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Right leg - Score for knee extensors:

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- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

Right leg - Score for foot dorsiflexors:

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- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5

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

Additional notes: