

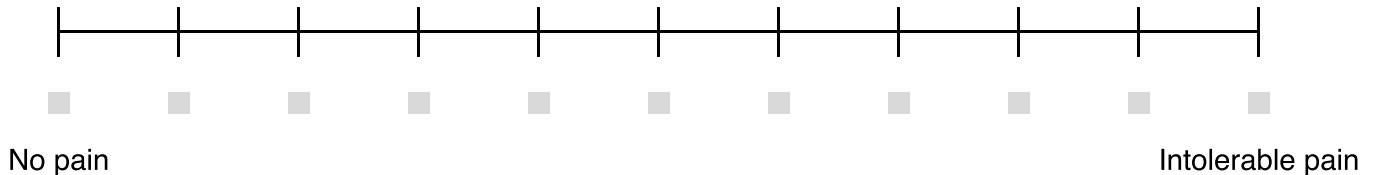
# Constant Murley Score (CMS)

Patient name: \_\_\_\_\_ Dominant hand:  Right  Left  Both

Date: \_\_\_\_\_ Affected arm:  Right  Left

## A. Pain score

Indicate the highest pain level you have experienced in your shoulder during ordinary activities within the last 24 hours. To do this, set a mark on the line.



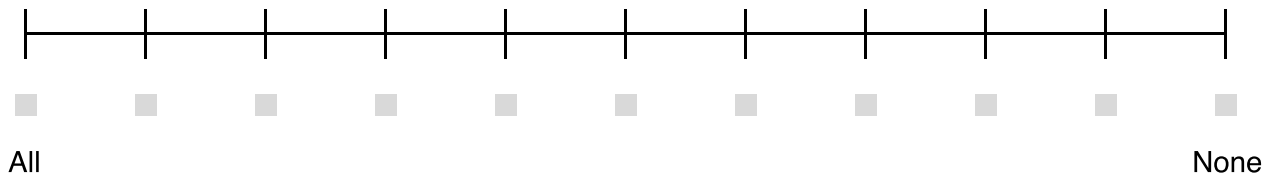
## B. Activities of daily living

The next 4 questions deal with everyday activities you experienced over the last week.

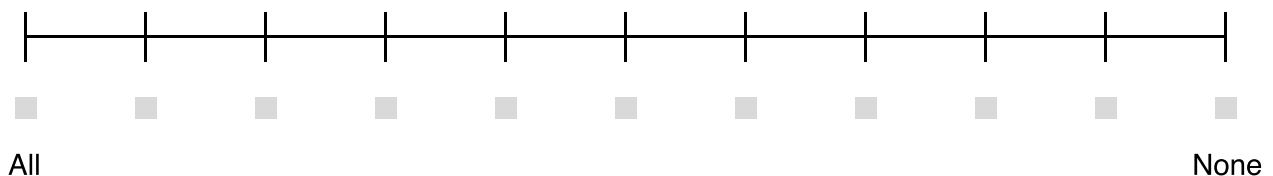
1. Is your sleep disturbed by your shoulder? (Please tick only one box)

Undisturbed sleep (+2)      Occasional disturbance (+1)      Every night (+0)

2. How much of your normal daily work does your shoulder allow you to perform?



3. How much of your normal recreational activity does your shoulder allow you to perform?



4. To which level can you use your hand comfortably? (Please tick only the most advancement movement)

Below the waist (+0)      Up to the waist (+2)      Up to the xiphoid / sternum (+4)  
Up to the neck (+6)      Up to the tope of the hand (+8)      Above the head (+10)

### C. Movement

Four different active and pain-free movements of the arm are performed. If the arm can be lifted to 140 degrees with pain and 110 degrees without pain in question 1,2, then a range of motion of 110 degrees is recorded. The tester first shows the desired movement, which the patient then performs. All exercises are done with the test subject standing with their feet pointing directly forwards and a shoulder width apart

1. & 2. Forward and lateral elevation are recorded with a long-armed goniometer. Only the affected arm performs movements. Please check one box:

#### Range of Motion (degrees)

Movement	0 – 30	31 – 60	61 – 90	91 – 120	121 – 150	≥ 151
Flexion						
Abduction						
Points	0	2	4	6	8	10

3. External rotation performed without help and the hands should be placed behind and above the head without touching the head. Movements are performed by both arms simultaneously but recorded only for the affected side. The movements must be performed painlessly. Please check all that apply.

Hands behind head, elbows forward (+2)

Hands behind head, elbows back (+2)

Hand to the top of the head, elbows forward (+2)

Hands to the top of the head, elbows back (+2)

Full elevation of the arms (+2)

4. Internal rotation is performed without help and the subject should use their thumb to point to the specified anatomic landmarks. Movements are performed only with the affected arm. The movements must be performed painlessly. Please check only the box for the most advanced movement.

Lateral aspect of the thigh (+0)

Behind the buttock (+2)

Sacroiliac joint (+4)

Waist (+6)

12th thoracic vertebra (+8)

Interscapular level (+10)

### D. Strength

Strength is measured with a dynamometer. The test is done with the test subject standing with their feet pointing directly forwards and a shoulder width apart. The arm should be abducted 90 degrees in the scapular plane. If the arm cannot be elevated to 90 degrees, a score of 0 points is given. The wrist is pronated so the palm faces down and the elbow is stretched as much as possible. The strap of the dynamometer should be placed around the wrist of the test subject so that it lies over the long head of the ulna. The test subject is instructed to push maximally upwards for 5 seconds and is given 3 attempts.

	1st attempt	2nd attempt	3rd attempt	Best score
Strength (lbs)				

<b>Scoring instructions</b>	
<b>A. Pain (max 15 points)</b>	<b>Points</b>
Points are calculated by the equation: $15 - X = \text{Score}$ ; X is the measured distance (cm) from “no pain” to the mark (use a ruler). If the value includes a decimal, round up or down to the closest integer:	
<b>B. Activities of daily living (max 20 points)</b>	<b>Points</b>
1. Sleep: Points are given in parenthesis:	
2. Normal daily living: The score is given by measuring the distance (cm) from “All” to the mark (use a ruler): 0-3cm = 4 points, >3-6cm = 3 points, >6-9cm = 2 points, >9-12cm = 1 point, >12-15cm = 0 points:	
3. Normal recreation activity: The score is given by measuring the distance (cm) from “All” to the mark (use a ruler): 0-3cm = 4 points, >3-6cm = 3 points, >6-9cm = 2 points, >9-12cm = 1 point, >12-15cm = 0 points:	
4. Hand comfort: Points are given in parenthesis:	
<b>C. Movement (max 40 points)</b>	<b>Points</b>
1. & 2. Forward and lateral elevation: Points are listed in the table:	
	Flexion:
	Abduction:
3. External rotation: Sum points from each separate completed movement:	
4. Internal rotation: Points are given in parenthesis.	
<b>D. Strength (max 25 points)</b>	<b>Points</b>
The score is calculated from the highest score of 3 attempts. The score in points corresponds to the force in pounds (max 25 points). If the strength is measured in kilograms, calculate scores by multiplying by 2.2.	
<b>Constant Murley Score (max 100 points)</b>	<b>Points</b>
	Sum of points: