

# Motor Strength Scale

(The Medical Research Council (MRC) Scale for Muscle Strength)

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

Sex: \_\_\_\_\_ Date: \_\_\_\_\_

MRC scale for motor 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.

Motor strength test			
Muscle group	Muscle tested	Right side	Left side
Neck flexors	Sternocleidomastoid		
	Scalenes		
Shoulder	Deltoid		
	Supraspinatus		
	Infraspinatus		
	Teres minor		
	Teres major		
Elbow	Biceps		
	Brachialis		
	Triceps		
Wrist	Extensors		
	Flexors		
Hands	Abductor pollicis brevis		

Muscle group	Muscle tested	Right side	Left side
	Opponens pollicis		
	Lumbricals (digits 2 and 3)		
	Interossei (digits 2 and 4)		
	Adductor pollicis		
<b>Hip</b>	Gluteus medius		
	Gluteus maximus		
	Iliopsoas		
	Hamstrings		
<b>Knee</b>	Quadriceps		
	Hamstrings		
<b>Ankle</b>	Dorsiflexors		
	Plantarflexors		
	Invertors		
	Evertors		

### Additional notes

### Healthcare professional's information

Name: \_\_\_\_\_ License: \_\_\_\_\_  
Date: \_\_\_\_\_ Signature:  \_\_\_\_\_

### Reference

Kleyweg, R. P., Van Der Meché, F. G. A., & Schmitz, P. I. M. (1991). Interobserver agreement in the assessment of muscle strength and functional abilities in Guillain-Barré syndrome. *Muscle & Nerve*, 14(11), 1103–1109. <https://doi.org/10.1002/mus.880141111>

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