

MRC Scale for Muscle Strength

Name: _____ Age: _____

Examiner: _____ Date of exam: _____

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.

MRC muscle assessment		
Side / limb	Muscle group	Score (0 – 5)
Left arm	Shoulder abductors	
	Elbow flexors	
	Wrist extensors	
Right arm	Shoulder abductors	
	Elbow flexors	
	Wrist extensors	
Left leg	Hip flexors	
	Knee extensors	
	Foot dorsiflexors	
Right leg	Hip flexors	
	Knee extensors	
	Foot dorsiflexors	
Total (out of 60)		

Additional notes

Adapted from National Blood Authority. (n.d.). Medical Research Council (MRC) Scale for Muscle Strength. <https://www.criteria.blood.gov.au/NeurologicalScales/GeneratePDF?section=2#:~:text=The%20Medical%20Research%20Council%20>

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>