

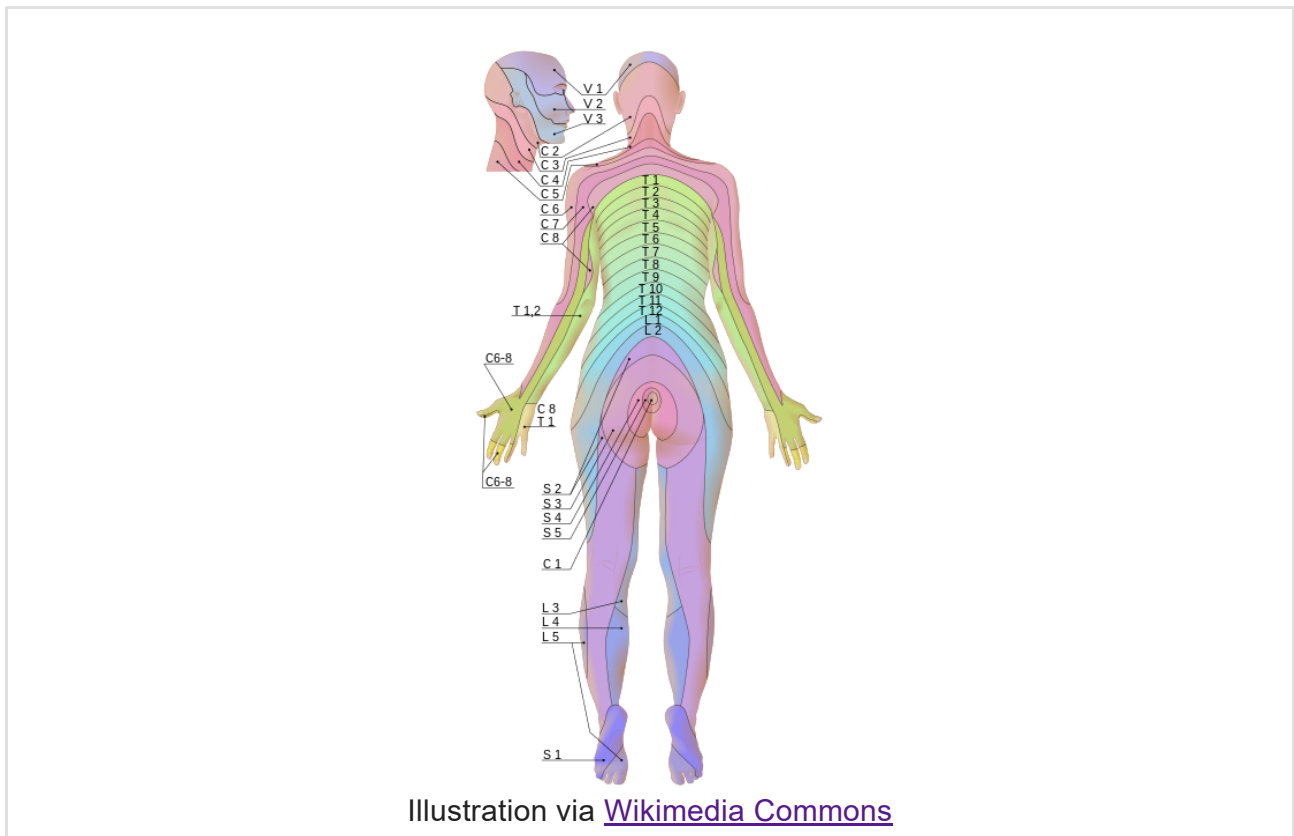
Myotomes Assessment Chart with Scoring

Examiner Name: _____

Examinee Name: _____

Date of Testing: _____ Testing Location: _____

Age: _____ Gender: _____



Instructions:

1. Use the Medical Research Council (MRC) Scale to grade muscle strength for each test:

- 0 = No contraction
- 1 = Flicker or trace
- 3 = Active movement against gravity
- 4 = Active moment against resistance
- 5 = Normal power

2. Record the score for each test in the table below.

3. Add any relevant notes or observations in the "Notes" column.

4. After completing the assessment, review the scores and notes to identify areas of concern or weakness, and use this information to guide further evaluation and treatment recommendations.

Spinal Level	Test / Muscle Function	Score (MRC Scale)	Notes
C1-C2	Neck flexion and extension <i>Test: Ask the patient to flex and extend their neck</i>	___/5	
C3	Neck lateral flexion <i>Test: Ask the patient to laterally flex their neck</i>	___/5	
C4	Shoulder elevation <i>Test: Ask the patient to shrug their shoulders</i>	___/5	
C5	Shoulder abduction <i>Test: Ask the patient to abduct their arm to 90 degrees</i>	___/5	
C6	Elbow flexion and wrist extension <i>Test: Ask the patient to flex their elbow and extend their wrist</i>	___/5	
C7	Elbow extension and wrist flexion <i>Test: Ask the patient to extend their elbow and flex their wrist</i>	___/5	
C8	Finger flexion and extension <i>Test: Ask the patient to flex and extend their fingers</i>	___/5	
T1	Finger abduction and adduction <i>Test: Ask the patient to abduct and adduct their fingers</i>	___/5	
T2-T12	Intercostal and abdominal muscles (segmental levels vary) <i>Test: Observe for abdominal muscle symmetry and intercostal muscle movement during respiration</i>	Put some notes.	
L1-L2	Hip flexion <i>Test: Ask the patient to flex their hip</i>	___/5	
L2-L3	Hip adduction <i>Test: Ask the patient to adduct their hip</i>	___/5	

L3-L4	Knee extension <i>Test: Ask the patient to extend their knee</i>	___/5	
L4-L5	Ankle dorsiflexion <i>Test: Ask the patient to dorsiflex their ankle</i>	___/5	
L5-S1	Great toe extension <i>Test: Ask the patient to extend their great toe</i>	___/5	
S1	Ankle plantarflexion and eversion <i>Test: Ask the patient to plantarflex and evert their ankle</i>	___/5	
S1-S2	Knee flexion <i>Test: Ask the patient to flex their knee</i>	___/5	
S2-S4	Foot inversion, bowel, and bladder function <i>Test: Ask the patient to invert their foot; inquire about bowel and bladder function</i>	Put some notes.	

Results / Interpretation:

Recommendations: