

## Childhood Myositis Assessment Score (CMAS)

**Patient Reference Number:** \_\_\_\_\_

**Date of visit:** \_\_\_\_\_

**1. Head Elevation (neck flexion):** **Item Score:** \_\_\_\_\_

- 0 = unable  
1 = 1-9 seconds  
2 = 10-29 seconds  
3 = 30-59 seconds  
4 = 60-119 seconds  
5 = >2 minutes  
No. of seconds:.....

**2. Leg raise/touch object:** **Item Score:** \_\_\_\_\_

- 0 = unable to lift leg off table  
1 = able to clear table but cannot touch object  
2 = able to lift leg high enough to touch object

**3. Straight leg lift/duration:** **Item Score:** \_\_\_\_\_

- 0 = unable  
1 = 1-9 seconds  
2 = 10-29 seconds  
3 = 30-59 seconds  
4 = 60-119 seconds  
5 = >2 minutes  
No. of seconds:.....

**4. Supine to prone:** **Item Score:** \_\_\_\_\_

- 0 = unable. Has difficulty even turning onto side; able to pull arms under torso only slightly or not at all  
1 = turns onto side fairly easily; but cannot fully free arms and is not able to fully assume a prone position  
2 = Easily turns onto side; has some difficulty freeing arms, but fully frees them and fully assumes a prone position  
3 = easily turns over, free arms with no difficulty

**5. Sit ups:** **Item Score:** \_\_\_\_\_

- For each type of sit-up enter either "0" (unable) or "1" (able). Then enter the total sub score (maximum possible item score 6).*  
Hands on thighs, with counterbalance -  
Hands across chest, with counterbalance -  
Hands behind head, with counterbalance -  
Hands on thighs, without counterbalance -  
Hands across chest, without counterbalance -  
Hands behind head, without counterbalance -

**6. Supine to sit:** **Item Score:** \_\_\_\_\_

- 0 = unable to self.  
1 = much difficulty. Very slow, struggles greatly, barely makes it. Almost unable  
2 = some difficulty. Able, but is somewhat slow, struggles some.  
3 = No difficulty

**7. Arm raise/straighten:** **Item Score:** \_\_\_\_\_

- 0 = cannot raise wrists  
1 = can raise wrists at least up to the level of the acromioclavicular joint but not above top of head  
2 = can raise wrists above top of head but cannot raise arms straight above head so that elbows are in full extension  
3 = can raise arms straight above head so that elbows are in full extension.

**8. Arm raise/duration:** **Item Score:** \_\_\_\_\_

- Can maintain wrists above top of head for:*  
0 = unable  
1 = 1-9 seconds  
2 = 10-29 seconds  
3 = 30-59 seconds  
4 = >60 seconds  
No. of seconds:.....

**Total Score (Max out of 52):** \_\_\_\_\_

*Lovell et al, 1999 and Huber et al, 2004*

**9. Floor sit:** **Item Score:** \_\_\_\_\_

- Going from a standing position to a sitting position on the floor*  
0 = unable. Afraid to even try. Even if allowed to use a chair for support. Child fears that he/she will collapse, fall into a sit or self-harm  
1 = much difficulty. Able, but needs to hold onto chair for support during descent (unable to unwilling to try if not able to use a chair for support)  
2 = some difficulty. Can go from stand to sit without using a chair for support but has at least some difficulty during descent. Descends somewhat slowly and/or apprehensively; may not have full control or balance as manoeuvres into a sit  
3 = No difficulty. Requires no compensatory manoeuvring

**10. All-fours manoeuvre:** **Item Score:** \_\_\_\_\_

- 0 = unable to go from a prone to an all-fours position  
1 = barely able to assume and maintain an all-fours position  
2 = can maintain all-fours position with straight back and head raised (so as to look straight ahead). But cannot crawl forward  
3 = Can maintain all fours, look straight ahead and crawl forward  
4 = maintains balance while lifting and extending leg

**11. Floor rise:** **Item Score:** \_\_\_\_\_

- Going from a kneeling position on the floor to a standing position*  
0 = unable, even if allowed to use a chair for support  
1 = much difficulty. Able, but needs to use a chair for support. Unable if not allowed to use a chair  
2 = Moderate difficulty. Able to get up without a chair for support but needs to place on or both hands on thighs/knees or floor. Unable without using hands.  
3 = mild difficulty. Does not need to place hands on knees, thighs or floor but has at least some difficulty during ascent.  
4 = no difficulty

**12. Chair rises:** **Item Score:** \_\_\_\_\_

- 0 = unable to rise from chair, even if allowed to place hands on sides of chair  
1 = Much difficulty. Able but needs to place hands on side of seat. Unable if not allowed to place hands on knees/thighs  
2 = moderate difficulty. Able but needs to place hands on knees/thighs. Does not need to place hands on side of seat  
3 = mild difficulty. Able; does not need to use hands at all, but has at least some difficulty  
4 = no difficulty

**13. Stool step:** **Item Score:** \_\_\_\_\_

- 0 = unable  
1 = much difficulty. Able but needs to place one hand on exam table or examiner's hand,  
2 = some difficulty. Able; does not need use exam table for support but needs to use hands on knee/thigh  
3 = Able. Does not need to use exam table or hands on knee/thigh

**14. Pick up:** **Item Score:** \_\_\_\_\_

- 0 = able to bend over and pick up pencil on floor  
1 = much difficulty. Able but relies heavily on support gained by placing hands on knees/thighs  
2 = some difficulty. Needs to at least minimally and briefly place hands on knees/thighs for support and is somewhat slow  
3 = No difficulty. No compensatory manoeuvre necessary.