### Manual Muscle Testing- Using the Medical Research Council Muscle Grading Scale

| Availability | Please visit this website for more information about the instrument:  
Medical Research Council Manual Muscle Testing Grading Scale |
|--------------|------------------------------------------------------------------|
| **Classification:** | **Core:** Amyotrophic Lateral Sclerosis (ALS) and Neuromuscular Disease (NMD)  
**Supplemental-Highly Recommended** for Congenital Muscular Dystrophy (CMD), Myotonic Muscular Dystrophy (DM), Facioscapulohumeral Muscular Dystrophy (FSHD)  
**Supplemental:** Cerebral Palsy (CP), Duchenne/Becker Muscular Dystrophy (DMD/BMD), Mitochondrial Disease (Mito) and Spinal Muscular Atrophy (SMA) |
| **Short Description of Instrument:** | Manual Muscle Testing is a widely practiced technique that is used to assess muscle strength.  
Administration Time: 15–30 minutes; Administrative time is dependent on the muscle(s) selected, the age and cooperation of the participant.  
| **Scoring:** | Most of the time patients are graded on the Modified MRC scale which is included in the form. This is an ordinal scale and many approaches have been made to convert this scale to a more continuous measure such as a 0–5 scale (e.g., 4+ = 4.33/5 or a 8-9/10). However, these are not proven continuous measures and the ordinal scale is recommended for use. |