MRC scale

In this evaluation is considered the strength of 3 muscle groups for each limb (shoulder abductors, elbow flexors, wrist dorsiflexors, hip flexors, knee extensors and ankle dorsiflexors) with a score from 0 to 5 assigned to each one.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No contraction visible or palpable</td>
</tr>
<tr>
<td>1</td>
<td>Flicker of contraction visible or palpable, although no limb movement</td>
</tr>
<tr>
<td>2</td>
<td>Movement with gravity eliminated over almost full range of motion</td>
</tr>
<tr>
<td>3</td>
<td>Movement against gravity over almost full range of motion</td>
</tr>
<tr>
<td>4</td>
<td>Movement against moderate resistance over full range of motion</td>
</tr>
</tbody>
</table>

Chart used to calculate the score:

<table>
<thead>
<tr>
<th></th>
<th>LEFT</th>
<th>RIGHT</th>
<th>Not evaluable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abduction of the arm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flexion of the forearm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extension of the wrist</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flexion of the leg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Extension of the knee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dorsal flexion of the foot</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subtotal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SCORE</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If not evaluable the reason must be chosen between the following:

- a. Compromised GCS
- b. Hemiplegia, Paraplegia
- c. Orthopaedics Reason
- d. Peripheral Nerve Injury
- e. Amputation
- f. Amputation
CALCULATION: MRC scores of muscle groups will be summated and divided by the number of muscle groups that could be tested to obtain an average MRC score. When a muscle group could not be assessed, no value will be imputed. ICU–AW is diagnosed when weakness had developed after ICU admission, is symmetric and the average MRC score is < 4.