



**Manuelle Muskelkraftmessung (MMT-8, Kendall)** (siehe Erklärung)**Muskelgruppen****Muskelkraft - Skala 0-10**

nur rechte Seite (gegen Widerstand) untersuchen

	0	1	2	3	4	5	6	7	8	9	10
1. Halsbeuger (Kopfbeugen)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. M. deltoideus (Armheben seitlich)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. M. biceps brachii (Armbeugung)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Handstrecker (Dorsalflexion Hand)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. M. gluteus maximus (Beinheben in Bauchlage)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. M. gluteus medius (Beinabduktion in Seitlage)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. M. quadriceps (Beinstrecken im Sitzen)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Fußstrecker (Dorsalflexion Fuß)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Krankheitsheitaktivität (Disease Activity Score)**

Bode R, Klein-Gitelman M, Miller M, Lechman T, Pachman L. Disease activity score for children with juvenile dermatomyositis: reliability and validity evidence. Arthritis Rheum 2003;49:7-15.

**Functional Status** (choose one category)

- Normal function, able to attend school, keeps up with friends  0
- Mild limitations, tires after walking few blocks, general fatigue  1
- Moderate limitations, requires assistance with stair-climbing, activity of daily living  2
- Severe limits, wheelchair-bound, unable to attend school, climb stairs, etc.  3

**Weakness** (Score "1" point for each area of weakness noted; circle all that apply)

- a) Neck flexor weakness  0 no  1 yes
- b) Difficulty clearing scapula (abdominal weakness):  0 no  1 yes  
can do sit-up with arms: 1. out 2. crossed 3. behind head 4. 1 /3 cleared
- c) Upper proximal muscle weakness  0 no  1 yes
- d) Lower proximal muscle weakness  0 no  1 yes
- e) Gower's sign (assisted/unassisted)  0 no  1 yes
- f) Abnormal gait  0 no  1 yes
- g) Difficulty swallowing  0 no  1 yes
- h) Nasal speech  0 no  1 yes

**Skin Involvement Type** (choose one category)

- absent or resolved completely  0
- atrophic changes only (including Gottron's papules)  1
- erythema-mild  2
- erythema-moderate  3
- erythema-severe  4

**Skin Involvement Distribution** (choose one category)

- none  0
- focal (including area of joint-related skin)  1
- diffuse (including extensor surfaces of limbs shawl area)  2
- generalised (including trunk involvement)  3

**Vasculitis** (if none of the categories below are present then score "0" point for this section, if ANY of the categories below are present, then score "1" point for this section)

- a) Eyelid erythema  0 absent  1 present
- b) Eyelid vessel dilation  0 absent  1 present
- c) Eyelid thrombosis  0 absent  1 present
- d) Nailfold erythema  0 absent  1 present
- e) Nail bed telangiectasia  0 absent  1 present
- f) Palate dilation  0 absent  1 present
- g) Other  0 absent  1 present

**Gottron's Papules** (if no papules are present then score is "0" point, if any papules are present (mild, moderate or severe) then score is "1" point)

- Absent  0
- Mild  1
- Moderate  2
- Severe  3

Falls vorhanden, bitte den aktuellen CMAS-Score eintragen: Falls Erstdokumentation, CMAS-Score bei Diagnose eintragen: