

## CHILDHOOD MYOSITIS ASSESSMENT SCALE (CMAS)

### VIDEOTAPE DEMONSTRATION

This is a videotape demonstration of the Childhood Myositis Assessment Scale (CMAS).

**First**, a well child (7 year-old “Annie”) demonstrates the various grades of weakness for each of the 14 maneuvers. For each maneuver she first demonstrates how a patient with profound weakness would perform the maneuver (a performance that would warrant a score of “0”). Then, in order, she demonstrates performances that would warrant scores of 1, 2, 3, etc. for that maneuver. While watching Annie perform the maneuvers, the viewer is encouraged to refer to the **CHILDHOOD MYOSITIS ASSESSMENT SCALE (CMAS) SCORING SHEET** and to the detailed instructions for the performance of each maneuver ---**APPENDIX A: STANDARDIZED METHOD FOR CONDUCTING THE CHILDHOOD MYOSITIS ASSESSMENT SCALE (CMAS)**.

### **IMPORTANT NOTE !!**

This videotape was made in 1994. At that time, the All-Fours maneuver (maneuver #10) had a maximum possible score of 3, and the maximum possible score for the entire CMAS was 51. In 1995 the Juvenile Myositis Collaborative Study Group Committee on Muscle Assessment decided to add a fourth gradation of strength for the All Fours maneuver. A fourth point was awarded if the patient could still maintain an all fours position (with back straight/head raised) while lifting the left leg off the ground and extending it so that it is parallel to the ground. Accordingly, the “**CMAS SCORING SHEET**” was revised, and **the new maximum possible score became 52**. However, the scoring sheet used in this 1994 videotape was the old one, with a maximum possible score of 51, due to the old maximum possible score of 3 for the All-Fours Maneuver (#10). To summarize:

- The correct **CHILDHOOD MYOSITIS ASSESSMENT SCALE (CMAS) SCORING SHEET** is the one that has a maximum possible score of 4 for the All Fours maneuver (#10) and **Maximum Possible Total Score of 52**.
- In this videotape demonstration, the scoring sheet used to assess Annie’s strength (and the strength of the four actual patients) was the old scoring sheet, which listed the old maximal possible score of 51.
- The instructions for conducting the CMAS (**APPENDIX A**) have been updated and describe how to score the **52 point** system.

**Second**, Annie demonstrates how a well child (with normal muscle strength) would consecutively perform the 14 maneuvers and would be awarded 100% of a maximum possible total score. Then, she demonstrates how a child with severe weakness would perform the maneuvers – in this case receiving a score of only 9.8% of maximum.

Then, she demonstrates how a typical child with moderate weakness would perform the maneuvers – in this case receiving a score of 47 % of maximum. While Annie is demonstrating the maneuvers, it is recommended that the viewer refer to the CMAS Scoring Sheet. (But, the viewer should realize that in this video the old scoring sheet, with the old maximum possible score of 51 was used.)

**Note:** Lest this videotape cause confusion, some comments are necessary regarding chair and stool heights. It is important to have age-appropriate chairs and stools available in the clinic area.