

**CLINICAL SCALE FOR GRADING DIGITAL EVALUATION OF MUSCLE STRENGTH**

PATIENT NAME \_\_\_\_\_ DATE \_\_\_\_\_

CHECK ONE)  VAGINAL EXAM  Rectal Exam

Scale	Grade	Description
NONE	0	NO DURATION OF MUSCLE CONTRACTION, PRESSURE, DISPLACEMENT RECRUITMENT OF LARGE MUSCLE GROUP (E.G. GLUTEALS, ADDUCTORS, ABDOMINALS)
TRACE	1/5	SLIGHT BUT INSTANT CONTRACTION: < 1 SECOND RECRUITMENT OF LARGE MUSCLE GROUP (E.G. GLUTEALS, ADDUCTORS, ABDOMINALS)
WEAK	2/5	WEAK CONTRACTION: WITH OR WITHOUT POSTERIOR ELEVATION OF FINGERS, HELD FOR > 1 SECOND BUT ≤ 3 SECONDS
MODERATE	3/5	MODERATE CONTRACTION: WITH OR WITHOUT POSTERIOR ELEVATION OF FINGERS, HELD FOR AT LEAST 4 – 6 SECONDS, REPEATED 3 TIMES
GOOD	4/5	STRONG CONTRACTION: WITH POSTERIOR ELEVATION OF FINGERS, HELD FOR AT LEAST 7-9 SECONDS, REPEATED 4-5 TIMES
STRONG	5/5	UNMISTAKABLY STRONG CONTRACTION WITH POSTERIOR ELEVATION OF FINGERS, HELD FOR AT LEAST 10 SECONDS, REPEATED >5 TIMES

**USAGE OF ACCESSORY MUSCLE GROUPS**

- Abdominal  YES  No
- Gluteal  YES  No
- Thigh/abductor  YES  No

**EVALUATION – MUSCLE HYPERTONUS/SPASM**

- CIRCLE ONE:**
- 0 NO PRESSURE, TENDERNESS OR PAIN
  - 1 COMFORTABLE PRESSURE, SLIGHT TENDERNESS BUTT BEARABLE
  - 2 UNCOMFORTABLE PRESSURE, SLIGHT PAIN
  - 3 MODERATE PAIN THAT INTENSIFIES WITH MUSCLE CONTRACTION
  - 4 SEVERE PAIN, PATIENT UNABLE TO PERFORM MUSCLE CONTRACTION DUE TO PAIN

COMMENTS \_\_\_\_\_