

Manuelle Muskelkraftmessung (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)**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):
can do sit-up with arms: 1.out 2.crossed 3.behind head 4.1/3 cleared ₀ no ₁ yes
- 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