

Myelopathy Disability Index

Scoring system

Each of the 10 items can be scored as:

without ANY difficulty (0 points)
with SOME difficulty (1 point)
with MUCH difficulty / assistance required (2 points)
unable to do (3 points)

Rising are you able to:

Stand up from an armless straight chair?
Get in and out of bed?

Eating are you able to:

Cut your meat?
Lift a full cup or glass to your mouth?

Walking are you able to:

Walk outdoors on flat ground?
Climb up five steps?

Hygiene are you able to:

Wash and dry your entire body?
Get on and off the toilet?

Grip are you able to:

Open jars which have been previously opened?

Activities are you able to:

Get in and out of a car?

Calculation

Total score is the sum of all items (range 0-30). The final score is expressed as a percentage. ¹⁾

¹⁾

Casey AT, Bland JM, Crockard HA. Development of a functional scoring system for rheumatoid arthritis patients with cervical myelopathy. Ann. Rheum. Dis. 1996 Dec.;55(12):901-906.

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