

Inclusion Body Myositis Functional Rating Scale

1. Swallowing

- 4 Normal
- 3 Early eating problems — occasional choking
- 2 Dietary consistency changes
- 1 Frequent choking
- 0 Needs tube feeding

2. Handwriting (with dominant hand prior to IBM onset)

- 4 Normal
- 3 Slow or sloppy; all words are legible
- 2 Not all words are legible
- 1 Able to grip pen but unable to write
- 0 Unable to grip pen

3. Cutting Food and Handling Utensils

- 4 Normal
- 3 Somewhat slow and clumsy, but no help needed
- 2 Can cut most foods, although clumsy and slow; some help needed
- 1 Food must be cut by someone, but can still feed slowly
- 0 Needs to be fed

4. Fine Motor Tasks (Opening doors, using keys, picking up small objects)

- 4 Independent
- 3 Slow or clumsy in completing task
- 2 Independent but requires modified techniques or assistive devices
- 1 Frequently requires assistance from caregiver
- 0 Unable

5. Dressing

- 4 Normal
- 3 Independent but with increased effort or decreased efficiency
- 2 Independent but requires assistive devices or modified techniques (Velcro, snaps, shirts without buttons, etc.)
- 1 Requires assistance from caregiver for some items
- 0 Total dependence

6. Hygiene (Bathing and Toileting)

- 4 Normal
- 3 Independent but with increased effort or decreased activity
- 2 Independent but requires use of assistive devices (shower chair, raised toilet seat, etc.)
- 1 Requires occasional assistance from caregiver
- 0 Completely dependent

7. Turning in Bed and Adjusting Covers

- 4 Normal
- 3 Somewhat slow and clumsy but no help needed
- 2 Can turn alone or adjust sheets, but with great difficulty
- 1 Can initiate, but not turn or adjust sheets alone
- 0 Unable or requires total assistance

8. Sit to Stand

- 4 Independent (without use of arms)
- 3 Performs with substitute motions (leaning forward, rocking) but without use of arms
- 2 Requires use of arms
- 1 Requires assistance from a device or person
- 0 Unable to stand

9. Walking

- 4 Normal
- 3 Slow or mild unsteadiness
- 2 Intermittent use of an assistive device (ankle-foot orthosis, cane, walker)
- 1 Dependent on assistive device
- 0 Wheelchair dependent

10. Climbing Stairs

- 4 Normal
- 3 Slow with hesitation or increased effort; uses hand rail intermittently
- 2 Dependent on hand rail
- 1 Dependent on hand rail and additional support (cane or person)
- 0 Cannot climb stairs

Add the individual scores to yield the total score. Maximum total score is 40.