

Appendix I.

Index of Muscle Function

IMF general function.

1. *Sitting on a chair (height = 45 cm) with no arm-rests.*

- Lifting of right and then left heel to opposite knee = 0
 heel half way but not completely up to opposite knee = 1
 heel maximum half way to opposite knee = 2

2. *General walking ability without technical aids.*

- Indoor walking normally = 0
 with some difficulties = 1
 with severe difficulties = 2

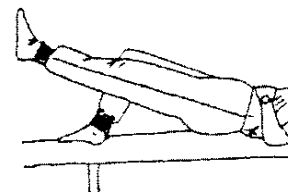
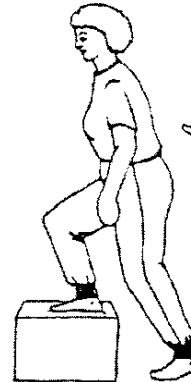
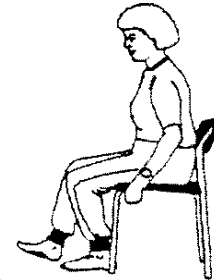
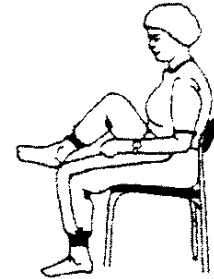
IMF strength

3. *Rising from chair (height = 45 cm) to a standing position without hand support, first attempt performed with the right foot in front of the other, the second attempt vice versa.*

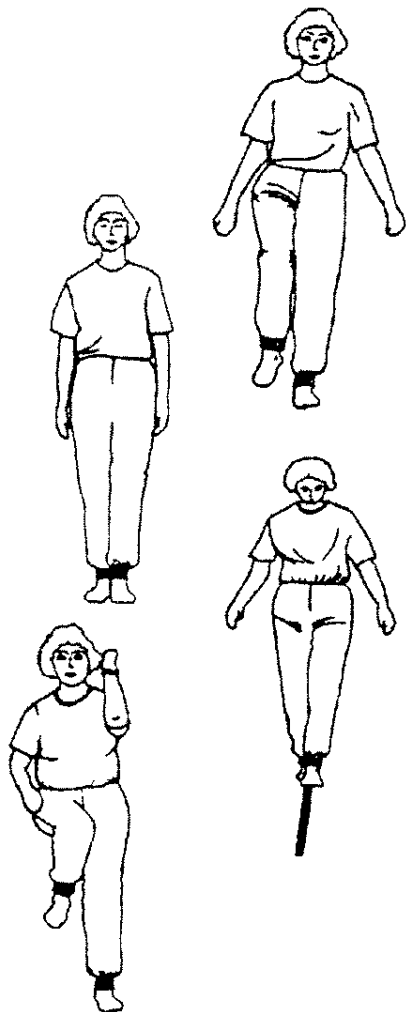
- 0 = normal function no time-delay.
 1 = slight/mod erate impairment,
 2 = severe impairment /cannot.

4. *Stepping up onso a step 30 cm high without hand support, the first attempt with the right foot first, the second with the left.*
Score as in 3.5. *Bending the knees to a maximum of 90 degrees and rising while standing with one's back against a wall and one's heels 15 cm from it.*

- 0 =90 degrees (using a goniometer)
 1= 45-89 degrees
 2 = less than 45 degrees

6. *Lying on one's back with knees bent and feet flat, lifting the buttocks and extending one leg for 5 sec., first the right leg and then the left.*
Score as in 3.

IMF balance/coordination



7. *Standing on one leg (right and left, respectively) for 30 sec. With eyes open.*

- 0 = 30 sec.
- 1 = 15-29 sec.
- 2 = 0-14 sec.

8. *Standing on both legs, feet close together, for 30 sec., with eyes closed.*

- 0 = 30 sec.
- 1 = 15-29 sec.
- 2 = 0-14 sec.

9. *Walking forward on a line for 2 metres, with eyes open.*

Score as in 3.

10. *Flexing the arm and opposite leg as rapidly as possible for 15 sec. while in a standing position, alternating continually between right and left.*

- 0 = 15 repetitions
- 1 = 8-14 repetitions
- 2 = 0-7 repetitions.

IMF endurance



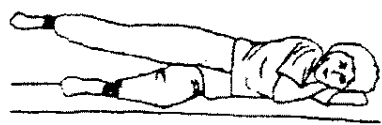
11. *Lying on one's back with knees bent and feet flat, lifting the buttocks through isometric contraction of the extensors, holding this position for 30 sec.*

- 0 = 30 sec.
- 1 = 15-29 sec.
- 2 = 0-14 sec.



12. *Lifting of one leg repeatedly to 30-45 degrees as rapidly as possible for 15 sec., while lying on one's back with legs straight, doing it once with the right leg and once with the left.*

- 0 = 12 repetitions
- 1 = 6-11 repetitions
- 2 = 1-5 repetitions.



13. *While lying on one's side with the lower leg flexed to about 90 degrees at the hip and the upper leg extended in line with the trunk, repeatedly lifting the extended leg to at least a horizontal position (level of the hip) as rapidly as possible for 15 sec., doing this first while lying on the right side and then on the left.*

- 0 = 12 repetitions
- 1 = 6-11 repetitions
- 2 = 0-5 repetitions