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.