### Supplemental Digital Content 3. Muscle Function Grading Scales Conversion Chart.

| Test and Definitions | Conversion To MRC Muscle Power Grading Scale (0-5) |
|----------------------|---------------------------------------------------|
| **Modified MRC Muscle Power Grading Scale (0-5)** | |
| 0                    | No contraction                                   | 0 |
| 1                    | Trace contraction                                | 1 |
| 2                    | Able to move when gravity eliminated             | 2 |
| 3-                   | Able to move against gravity but not through full range | 3 |
| 3                    | Active movement against gravity                  | |
| 3+                   | Capable of transient resistance but collapses abruptly | 3 |
| 4                    | Capable of minimal resistance                    | 4 |
| 4+                   | Able to move the joint against combination of gravity and some resistance | 4 |
| 5-                   | Definite but slight weakness                     | 5 |
| 5                    | Normal muscle power                              | 5 |
| **Qualitative Grading Scale (Paralyzed-Normal Strength)** | |
| Paralyzed or no contraction | 0 |
| Poor, trace, or minimal contraction | 1 |
| Fair, little, improved, or minor contraction | 2 |
| Average or some contraction | 3 |
| Good or return of contraction | 4 |
| Excellent/strong contraction or normal function | 5 |