

Muscle Strength Scale (MRC 0-5)

Level	Options	Score
MRC grade for the muscle group tested	Normal: Full range against full resistance	5/5
	Against resistance: Full range against gravity and some resistance	4/5
	Against gravity: Full range against gravity, no added resistance	3/5
	Gravity eliminated: Moves through range only with gravity removed	2/5
	Trace: Visible or palpable contraction, no limb movement	1/5
	None: No visible or palpable contraction	0/5

Interpretation

0/5–2/5	Severe weakness. The muscle cannot move the limb against gravity. Report new or worsening findings right away, since sudden weakness may signal stroke or spinal cord compromise; protect the limb and prevent falls.
3/5	Moderate weakness. Functional movement against gravity only. Compare sides and with the baseline, report any new change, and assess fall risk and need for assistance.
4/5	Mild weakness. Reduced strength against resistance. Track the trend and report any drop from the previous exam.
5/5	Normal strength. Normal power for that muscle group. Continue routine checks at the ordered frequency.

Total score: _____ Date: _____ Assessed by: _____

Medical Research Council (UK), 1943 (War Memorandum No. 7; later republished as Memorandum No. 45). Sources: Muscle Strength Grading - StatPearls (NCBI Bookshelf); MRC Muscle Scale - UK Research and Innovation; Aids to the Examination of the Peripheral Nervous System (MRC); Two-tier strength assessment for ICU-acquired weakness (Critical Care, 2015). MRC muscle scale used with the permission of the Medical Research Council.

Free calculator and full guide: nursingscales.com/muscle-strength-grading/ · Educational material; does not replace clinical judgment or facility protocols.