

The mJOA Questionnaire

The mJOA scoring system is scored from 0 to 18 points. A lower score represents more severe cervical myelopathy than a higher score. A score of 15–17 represents mild, 12–14 moderate, and 0–11 severe cervical myelopathy. The mJOA comprises four parts: movement in the arms, movement in the legs, feeling in the arms, and bladder control, as shown below.

Questions focus on everyday examples of how your cervical myelopathy may be affecting you, such as how well you can button your shirt, feed yourself, walk, feel using your hands, and control your bladder.

Motor dysfunction score of the upper extremities	Circle Answer
Inability to move hands	0
Inability to eat with a spoon, but able to move hands	1
Inability to button shirt, but able to eat with a spoon	2
Able to button shirt, but with great difficulty	3
Able to button shirt, but with slight difficulty	4
No dysfunction	5

Motor dysfunction score of the lower extremities	Circle Answer
Complete loss of motor and sensory function	0
Sensory preservation without ability to move legs	1
Able to move legs, but unable to walk	2
Able to walk on flat floor with a walking aid (i.e., cane or crutch)	3
Able to walk up and/or down stairs with hand rail	4
Moderate to significant lack of stability, but able to walk up and/or down stairs without hand rail	5
Mild lack of stability, but walks unaided with smooth reciprocation	6
No dysfunction	7

Sensation	Circle Answer
Complete loss of hand sensation	0
Severe sensory loss of pain	1
Mild sensory loss	2
No sensory loss	3

Sphincter Dysfunction	Circle Answer
Inability to urinate voluntarily	0
Marked difficulty with micturition	1
Mild to moderate difficulty with micturition	2
Normal micturition	3

Total Score: _____