A Pilot Committee ensures follow-up and scientific quality of the MFM. It also ensures the rigor of the clinical research studies that utilize data from the bank.

An MFM Database
created in 2007 collects results of MFM tests from every subject with a neuromuscular disease, child or adult, who has been tested. It is freely accessible and any identified investigator, clinical practitioner, physical therapist or physician may access this data. Its function is regulated by a charter and internal regulations.

The Motor Function Measure
MFM-32 & MFM-20
A measurement scale for neuromuscular diseases

The Motor Function Measure (MFM) is a generic scale which provides a measurement of the effects of muscle weakness in neuromuscular diseases (NMD). Assessments are based on posture and movements of the whole body.

This tool makes it possible to follow the evolution of the patients, and to anticipate certain events such as the loss of ability to walk. The MFM can be used to evaluate the effectiveness of therapeutic measures.

First developed in 1998, the MFM can be used for ambulatory and non-ambulatory patients, and for all levels of severity of the disease.

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For further information, consult the website www.mfm-nmd.org :
• history of the MFM
• publications
• research projects
• training sessions
• updating proficiency (quiz)
• download documents (User’s Manual, score sheets in several languages)
In practice...

Practically any disorder which is principally characterized by muscle weakness may be evaluated by the MFM.

Precise exercises with a rigorously defined initial position are executed by the patient with no external help, and are scored from 0 (failure to execute the movement) to 3 (normal).

The exercises (items) of the MFM-32 and the MFM-20 are classified into 3 dimensions:
- D1 Standing and transfers
- D2 Axial and proximal motor function
- D3 Distal motor function

A detailed and precise MFM User’s Manual permits scoring of the motor capacities of each patient. The utilization of the MFM in both ambulatory and non-ambulatory patients makes it possible to use the same follow-up tool throughout the life of the patient.

The material necessary for the MFM test is normally present in physical therapy establishments.

Numerous NMD clinics use the MFM for following the motor capacity of the patients. It is usually the physical therapist who performs the test once a year on each patient. A graphic plot of successive MFM allows visualization of the individual evolution of patients.

Conduct of the Project and Validation

After consultation with an international network on a provisional version, a French-speaking group tested two successive versions. The final validated version of the MFM includes 32 items for patients from 6 to 60 years of age. A short version, the MFM-20, was validated in 2009 for children under 7 years of age.

The validation study was carried out in collaboration with methodologists.

Training is necessary:

In order to familiarize oneself with the MFM and its rigorous performance principles, training is recommended. This can be done by a colleague who has already been trained, or by participating in a one-day training course.

A DVD for self-training will be available at the end of 2010.
A CD for the initiation to the utilization of the MFM is available for institutes for massage-physical therapy training.
Updating of proficiency for users of the MFM is possible on the website www.mfm-nmd.org.