|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Appendix: The Japanese Orthopaedic Association (JOA) score for myelopathy** | | | |  |  |  |  |
|  |  |  |  |  |  | **Cervical myelopathy** | **Thoracic myelopathy** |
| Motor dysfunction of the upper extremity | | | |  |  |  |  |
|  | Unable to feed oneself | | |  |  | (0) |  |
|  | Unable to use knife and fork; able to eat with a Spoon | | | | | (1) |  |
|  | Able to use knife and fork with much difficulty | | | | | (2) |  |
|  | Able to use knife and fork with slight difficulty | | | | | (3) |  |
|  | None |  |  |  |  | (4) |  |
|  |  |  |  |  |  |  |  |
| Motor dysfunction of the lower extremity | | | |  |  |  |  |
|  | Unable to walk | |  |  |  | (0) | (0) |
|  | Able to walk on flat floor with walking aid | | | | | (1) | (1) |
|  | Able to walk up and/or down stairs with handrail | | | | | (2) | (2) |
|  | Lack of stability and smooth gait | | |  |  | (3) | (3) |
|  | None |  |  |  |  | (4) | (4) |
|  |  |  |  |  |  |  |  |
| Sensory deficit of the upper extremity | |  |  |  |  |  |  |
|  | Severe sensory loss or pain | | |  |  | (0) |  |
|  | Mild sensory loss | |  |  |  | (1) |  |
|  | None |  |  |  |  | (2) |  |
|  |  |  |  |  |  |  |  |
| Sensory deficit of the lower extremity | |  |  |  |  |  |  |
|  | Severe sensory loss or pain | | |  |  | (0) | (0) |
|  | Mild sensory loss | |  |  |  | (1) | (1) |
|  | None |  |  |  |  | (2) | (2) |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| Sensory deficit of the trunk | |  |  |  |  |  |  |
|  | Severe sensory loss or pain | | |  |  | (0) | (0) |
|  | Mild sensory loss | |  |  |  | (1) | (1) |
|  | None |  |  |  |  | (2) | (2) |
|  |  |  |  |  |  |  |  |
| Bladder dysfunction | |  |  |  |  |  |  |
|  | Unable to void | |  |  |  | (0) | (0) |
|  | Marked difficulty in micturition (retention) | | | | | (1) | (1) |
|  | Difficulty in micturition (frequency, hesitation) | | | | | (2) | (2) |
|  | None |  |  |  |  | (3) | (3) |
|  |  |  |  |  |  |  |  |
| Total score | |  |  |  |  | 0–17 | 0–11 |