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Risk Factors for Poor Outcome of Cervical Laminoplasty for Cervical Spondylotic Myelopathy in Patients with Diabetes http://dx.doi.org/10.2106/JBJS.N.00064

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TABLE E-1 Evaluation of Cervical Myelopathy Using the Japanese Orthopaedic Association Score and the Recovery Rate of the Japanese Orthopaedic Association Score

Japanese Orthopaedic Association Score

- I. Motor function of the upper extremity
 - 0. Impossible to eat with chopsticks or spoon
 - 1. Possible to eat with spoon, but not with chopsticks
 - 2. Possible to eat with chopsticks, but inadequate
 - 3. Possible to eat with chopsticks, awkward
 - 4. Normal
- II. Motor function of the lower extremity
 - 0. Impossible to walk
 - 1. Needs cane or aid on flat ground
 - 2. Needs cane or aid only on stairs
 - 3. Possible to walk without cane or aid but slowly
 - 4. Normal
- III. Sensory function
 - A. Upper extremity
 - 0. Apparent sensory loss
 - 1. Minimal sensory loss
 - 2. Normal
 - B. Lower extremity (same as A)
 - C. Trunk (same as A)
- IV. Bladder function
 - 0. Complete retention
 - 1. Severe disturbance (sense of retention, dribbling, incomplete continence)
 - 2. Mild disturbance (urinary frequency, urinary hesitancy)
 - 3. Normal

Recovery rate of the Japanese Orthopaedic Association score* (Hirabayashi method)

Recovery rate (%) = (postoperative score – preoperative score)/(17 – preoperative score) \times 100

 $^{{\}rm *A}$ perfect Japanese Orthopaedic Association score is 17 points.