**MRC scale of muscle power**

(0) = no muscle contraction.  
(1) = mild muscle contraction with no joint movement.  
(2) = muscle contraction generating movement when the effect of gravity was eliminated.

(3) = muscle contraction generating movement against gravity.  
(4) = muscle contraction generating movement against gravity and with some resistance.

(5) =muscle contraction generating movement against gravity and with full resistance.

(***Şahin and colleagues, 2014***)**(10)**