

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)

$$\text{Recovery rate (\%)} = (\text{postoperative score} - \text{preoperative score}) / (17 - \text{preoperative score}) \times 100$$

*A perfect Japanese Orthopaedic Association score is 17 points.