

TABLE 7**Nurick Grades for Determining the Severity of Cervical Myelopathy**

Sign/symptom	Points
Signs and symptoms of root involvement but without evidence of spinal cord disease	0
Signs of spinal cord disease but no difficulty walking	1
Slight difficulty in walking that does not prevent full-time employment	2
Difficulty in walking that prevents full-time employment or the ability to do all housework, but that is not so severe that someone else's help is required to walk	3
Able to walk only with someone else's help or with the aid of a walker or other assistance device	4
Chairbound or bedridden	5
Total:	_____

Scoring: 0 points = mild, 1 to 2 points = moderate, ≥ 3 points = severe.⁹

Adapted with permission from Bakhsheshian J, Mehta VA, Liu JC. Current diagnosis and management of cervical spondylotic myelopathy. Global Spine J. 2017;7(6):574, with additional information from reference 9.

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