Department of Veterans Affairs	MUSCLE INJURIES DISABILITY BE	NEFITS QUESTIONNAIRE
NAME OF CLAIMANT/VETERAN	CLAIMANT/VETERAN'S SOCIAL SECURITY NUMBER	DATE OF EXAMINATION
IMPORTANT - THE DEPARTMENT OF VETERANS AFFAI COMPLETING AND/OR SUBMITTING THIS FORM.	IRS (VA) WILL NOT PAY OR REIMBURSE ANY EXPENSES	OR COST INCURRED IN THE PROCESS OF
of their evaluation in processing the Veteran's claim. VA ma	eterans Affairs (VA) for disability benefits. VA will consider the i ay obtain additional medical information, including an examinat uthenticity of ALL Questionnaires completed by providers. It is	ion, if necessary, to complete VA's review of the
Are you completing this Disability Benefits Questionnaire at	the request of:	
Veteran/Claimant		
Other, please describe:		
Are you a VA Healthcare provider? O Yes	∩ No	
Is the Veteran regularly seen as a patient in your clinic?	◯ Yes ◯ No	
Was the Veteran examined in person? Yes	∩ No	
If no, how was the examination conducted?		
	EVIDENCE REVIEW	
Evidence reviewed:		
No records were reviewed Records reviewed		
\sim		
Please identify the evidence reviewed (e.g. service trea	atment records, VA treatment records, private treatment record	is) and the date range.
	DOMINANT HAND	
Right Left Ambidextrous		

	SECT	ION I - DIAGNOSIS	
Note: These are condition(s) for which an evalua provided for submission to VA.	-	exam request form (Internal VA) or for which the Ve	teran has requested medical evidence be
1A. DOES THE VETERAN CURRENTLY HAVE	A DIAGNOSED MUSCLE INJU	RY?	
1B. IF YES, PROVIDE ONLY DIAGNOSES THA	T PERTAIN TO MUSCLE INJU	JRIES:	
DIAGNOSIS #1 -	ICD CODE -	DATE OF DIAGNOSIS -	SIDE AFFECTED
DIAGNOSIS #2 -	ICD CODE -	DATE OF DIAGNOSIS -	SIDE AFFECTED
DIAGNOSIS #3 -	ICD CODE -	DATE OF DIAGNOSIS -	SIDE AFFECTED
previous diagnosis for this condition, or if there is	a diagnosis of a complication	e claimed condition(s) listed above. If there is no diag due to the claimed condition, explain your findings a iagnosis, or an approximate date determined through	nd reasons in comments section. Date of
injuries on this questionnaire, also complete an a	additional questionnaire for eac	scle injuries on this questionnaire, if possible. If unab th additional injury. If the Veteran has or has had a n questionnaires (e.g. if peripheral nerve injury also exi	nuscle injury that results in any conditions
	SECTION II - HI	STORY OF MUSCLE INJURY	
2A. DOES THE VETERAN HAVE A PENETRATI	NG MUSCLE INJURY (such as	s a gunshot or shell fragment wound)?	
Note: If the Veteran has a non-penetrating muscle injury such as that arising from injuries such as muscle strains, tears not resulting from injury by a foreign object entering the muscle, or muscle atrophy due to a service-connected joint or nerve injury, complete the appropriate questionnaire based on associated functional impairment in lieu of this questionnaire. 2C. DESCRIBE THE HISTORY (including onset and course) OF THE VETERAN'S MUSCLE INJURY (brief summary):			
SECTION III - LOCATION OF MUSCLE INJURY			
NOTE: For VA purposes, muscles are classified into groups I-XXIII. In this section, indicate the location of the Veteran's muscle injury(ies) by checking the muscle group(s) involved.			
SHOULDER GIRDLE AND ARM			
3A. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP OF THE SHOULDER GIRDLE OR ARM?			
Yes No If yes, check muscle grou	ιp(s) and side affected (check a	all that apply):	Side affected:
GROUP I: Extrinsic muscles of shoul Function: Upward rotation of scapula,			Right Left Both
		lorsi and teres major, pectoralis minor, rhomboid e, downward rotation of scapula, forward and	Right Left Both
GROUP III: Intrinsic muscles of shou Function: Elevation and abduction of a	a 1 b b b b b b b b b b		Right Left Both
GROUP IV: Shoulder girdle muscles: Function: Stabilization of shoulder, abo		nd teres minor, subscapularis, coracobrachialis	Right Left Both
GROUP V: Flexor muscles of elbow: Function: Flexion of elbow	biceps, brachialis, brachioradia	lis	Right Left Both
GROUP VI: Extensor muscles of elbor Function: Extension of elbow	ow: triceps		Right Left Both

SECTION III - LOCATION OF MUSCLE INJURY (Continued)			
FOREARM AND HAND			
3B. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP OF THE FOREARM OR	HAND?		
Yes No If yes, check muscle group(s) and side affected (check all that apply):			
GROUP VII: Muscles of forearm: flexors of the wrist, fingers and thumb Function: Flexion of wrist and fingers	Side affect	ted:	Both
GROUP VIII: Muscles: extensors of the wrist, fingers and thumb Function: Extension of wrist, fingers and thumb	Right	Left	Both
GROUP IX: Intrinsic muscles of hand, including muscles in the thenar and hypothenar eminence, lumbricales, dorsal and palmar interossei	Right	Left	Both
Function: Intrinsic muscles of the hand assist in delicate manipulative movements			
FOOT AND LEG			
3C. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP OF THE FOOT OR LEG	S?		
Yes No If yes, check muscle group(s) and side affected (check all that apply)	Side affect	ted:	
GROUP X: Muscles of the foot: flexor digitorum brevis, abductor hallucis, abductor digiti minimi, quadratus plantae, lumbricales, flexor hallucis brevis, adductor hallucis, flexor digiti minimi brevis, dorsal and plantar interossei Function: Movements of forefoot and toes, propulsion thrust in walking	Right	Left	Both
GROUP XI: Muscles of the foot, ankle and calf: gastrocnemius, soleus, tibialis posterior, peroneus longus, peroneus brevis, flexor hallucis longus, flexor digitorum longus Function: Propulsion, plantar flexion of foot, stabilization of arch, flexion of toes	Right	Left	Both
GROUP XII: Anterior muscles of the leg, tibialis anterior, extensor digitorum longus, extensor hallucis longus, peroneus tertius	Right	Left	Both
Function: Dorsiflexion, extension of toes, stabilization of arch			
PELVIC GIRDLE AND THIGH			
3D. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP OF THE PELVIC GIRDL	E OR THIGH	l?	
Yes No If yes, check muscle group(s) and side affected (check all that apply)	Side affect	ted:	
GROUP XIII: Posterior thigh/hamstring muscles: biceps femoris, semimembranosus, semitendinosus Function: Flexion of knee	Right	Left	Both
GROUP XIV: Anterior thigh muscles: sartorius, rectus femoris, quadriceps Function: Extension of knee	Right	Left	Both
GROUP XV: Mesial thigh muscles: adductor longus, adductor brevis, adductor magnus, gracilis Function: Adduction of hip	Right	Left	Both
GROUP XVI: Pelvic girdle muscles: psoas, iliacus, pectineus Function: Flexion of hip	Right	Left	Both
GROUP XVII: Pelvic girdle muscles: gluteus maximus, gluteus medius, gluteus minimus Function: Extension of hip, abduction of thigh, postural support of body	Right	Left	Both
If checked, is there severe damage to muscle group XVII, such that the veteran is unable to rise from a seated and stooped position and to maintain postural stability without assistance of any type?			
GROUP XVIII: Pelvic girdle muscles: pyriformis, gemelli, obturator, quadratus femoris Function: Outward rotation of thigh and stabilization of hip joint	Right	Left	Both
TORSO AND NECK			
3E. DOES THE VETERAN NOW HAVE OR HAS HE/SHE EVER HAD AN INJURY TO A MUSCLE GROUP IN THE TORSO AND/OI	R NECK?		
Yes No If yes, check muscle group(s) and side or region affected (check all that apply)			
	Side or regio	on affected:	_
GROUP XIX: Muscles of the abdominal wall: rectus abdominis, external oblique, internal obliques, transversalis, quadratus lumborum	Right	Left	Both
Function: Support of abdominal wall and lower thorax, flexion and lateral movement of spine			
GROUP XX: Spinal muscles: sacrospinalis, erector spinae Function: Postural support of body, extension and lateral movement of the spine	Cervical	Thora	cic Lumbar
GROUP XXI: Muscles of respiration: thoracic muscle group Function: Respiration	Right	Left	Both
GROUP XXII: Muscles of the front of the neck: trapezius, sternocleidomastoid, hyoid muscles, sternothyroid, digastric Function: Rotation and flexion of the head, respiration, swallowing	Right	Left	Both
GROUP XXIII: Muscles of the side and back of the neck: suboccipital, lateral vertebral and anterior vertebral muscles Function: Movements of the head, fixation of shoulder movements	Right	Left	Both

ADDITIONAL CONDITIONS		
3F DOES THE VETERAN HAVE A HISTORY OF RUPTURE OF THE DIAPHRAGM WITH HERNIATION?		
3G. DOES THE VETERAN HAVE A HISTORY OF AN EXTENSIVE MUSCLE HERNIA OF ANY MUSCLE, WITHOUT OTHER INJURY TO THE MUSCLE?		
3H. DOES THE VETERAN HAVE A HISTORY OF INJURY TO THE FACIAL MUSCLES? Yes No If yes, also complete additional questionnaires (such as cranial nerves, scars, etc.) as appropriate for all identified residual conditions. If yes, is there interference to any extent with mastication?		
Yes No		
3I. DOES THE VETERAN HAVE A HISTORY OF RHABDOMYOLYSIS?		
Yes No Note: If the Veteran has any renal complications, also complete appropriate renal questionnaire		
3J. DOES THE VETERAN HAVE A HISTORY OF COMPARTMENT SYNDROME?		
Yes No		
SECTION IV - MUSCLE INJURY EXAM		
SCAR(S), FASCIA AND MUSCLE FINDINGS		
4A. DOES THE VETERAN HAVE ANY SCAR(S) ASSOCIATED WITH A MUSCLE INJURY? Yes No If yes, indicate severity of scars(s) caused by the muscle injury(ies). Check all that apply if there is more than one area or type of scarring. Minimal scar(s) Entrance and (if present) exit scars are small or linear, indicating short track of missile through muscle tissue Entrance and (if present) exit scars indicating track of missile through one or more muscle groups Ragged, depressed and adherent scars indicating wide damage to muscle groups in missile track Adhesion of scar to one of the long bones, scapula, pelvic bones, sacrum or vertebrae, with epithelial sealing over the bone rather than true skin covering in an area where bone is normally protected by muscle Other (including surgical scars related to muscle injuries shown above, ALSO complete Scars/Disfigurement questionnaire)		
4B. DOES THE VETERAN HAVE ANY KNOWN FASCIAL DEFECTS OR EVIDENCE OF FASCIAL DEFECTS ASSOCIATED WITH ANY MUSCLE INJURIES? Yes No If yes, indicate severity of fascial defect(s) caused by the muscle injury(ies) (check all that apply if there is more than one area/type of fascial defect) Some loss of deep fascia		
Palpation shows loss of deep fascia		
Other, describe:		
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SECTION IV - MUSCLE INJURY EXAM (Continued)	
4C. DOES THE VETERAN'S MUSCLE INJURY(IES) AFFECT MUSCLE SUBSTANCE OR FUNCTION?	
Yes No If yes, indicate effect of the muscle injury(ies) on muscle substance or function (check all that apply)	
Some impairment of muscle tonus	
Some loss of muscle substance	
Soft flabby muscles in wound area	
Muscles swell and harden abnormally in contraction	
Induration or atrophy of an entire muscle following history of simple piercing by a projectile	
Adaptive contraction of an opposing group of muscles	
Visible or measurable atrophy	
Atrophy of muscle groups not in the track of the missile, particularly of the trapezius and serratus in wounds of the shoulder girdle	
Tests of endurance or coordinated movements compared with the corresponding muscles of the uninjured side indicate severe impairment of function	on
Other, describe:	
CARDINAL SIGNS AND SYMPTOMS OF MUSCLE DISABILITY	
4D. DOES THE VETERAN HAVE ANY OF THE FOLLOWING SIGNS AND/OR SYMPTOMS ATTRIBUTABLE TO ANY MUSCLE INJURIES?	
Yes No (If yes, check all that apply, and indicate side affected, muscle group and frequency/severity):	
Loss of power (If checked, indicate side affected): Right Left Both	
(Indicate muscle group(s) affected (I-XXIII) if possible):	
(Indicate frequency/severity): Occasional Consistent Consistent at a more severe level	
(If checked, indicate side affected): Right Left Both	
(Indicate muscle group(s) affected (I-XXIII) if possible):	
(Indicate frequency/severity):	
Lowered threshold of fatigue	
(If checked, indicate sided affected):	
(Indicate muscle group(s) affected (I-XXIII) if possible):	
(Indicate frequency/severity): Occasional Consistent Consistent at a more severe level	
Fatigue and/or pain	
(If checked, indicate side affected):	
(Indicate muscle group(s) affected (I-XXIII) if possible):	
(Indicate frequency/severity):	
(If checked, indicate side affected):	
(Indicate muscle group(s) affected (I-XXIII) if possible):	
(Indicate frequency/severity):	
Uncertainty of movement (If checked, indicate side affected): Right Left Both	
(Indicate muscle group(s) affected (I-XXIII) if possible):	
(Indicate frequency/severity): Occasional Consistent Consistent at a more severe level	
If further clarification is needed due to injuries of multiple muscle groups, describe which findings, signs and/or symptoms are attributable to each muscle injury:	
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	SECTION IV - MUSCLE INJURY EXAM (Continued)		
	MUSCLE STRENGTH TESTING		
4E. TEST MUSCLE STRENGTH ONLY FOR AFFECTED MUSCLE GROUPS AND FOR THE CORRESPONDING SOUND (NON-INJURED) SIDE.RATE STRENGTH ACCORDING TO THE FOLLOWING SCALE:			
0/5 No muscle movement			
1/5 Visible muscle movement, but no joint mov	vement		
2/5 No movement against gravity			
3/5 No movement against resistance			
4/5 Less than normal strength			
5/5 Normal strength			
Shoulder abduction (Group III)	Right: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$ r_{rr} $5/5$ $4/5$ $2/5$ $1/5$ $0/5$		
	Left: 5/5 4/5 3/5 2/5 1/5 0/5 Right: 5/5 4/5 3/5 2/5 1/5 0/5		
Elbow flexion (Group V)	Right: 5/5 4/5 3/5 2/5 1/5 0/5 Left: 5/5 4/5 3/5 2/5 1/5 0/5		
Elbow extension (Group VI)	Right: 5/5 4/5 3/5 2/5 1/5 0/5		
Libow extension (Group VI)	Left: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$		
Wrist flexion (Group VII)	Right: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$		
	Left: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$		
Wrist extension (Group VIII)	Right: 5/5 4/5 3/5 2/5 1/5 0/5		
	Left: 5/5 4/5 3/5 2/5 1/5 0/5		
Hip flexion (Group XVI)	Right: 5/5 4/5 3/5 2/5 1/5 0/5		
	Left: 5/5 4/5 3/5 2/5 1/5 0/5		
Knee flexion (Group XIII)	Right: 5/5 4/5 3/5 2/5 1/5 0/5		
	Left: 5/5 4/5 3/5 2/5 1/5 0/5		
Knee extension (Group XIV)	Right: 5/5 4/5 3/5 2/5 1/5 0/5		
	Left: 5/5 4/5 3/5 2/5 1/5 0/5		
Ankle plantar flexion (Group XI)	Right: 5/5 4/5 3/5 2/5 1/5 0/5		
	Left: 5/5 4/5 3/5 2/5 1/5 0/5		
Ankle dorsiflexion (Group XII)	Right: $5/5$ $4/5$ $3/5$ $2/5$ $1/5$ $0/5$		
	Left: 5/5 4/5 3/5 2/5 1/5 0/5		
If other movements/muscle groups were tested, specify:			
	Right: 5/5 4/5 3/5 2/5 1/5 0/5 Left: 5/5 4/5 3/5 2/5 1/5 0/5		
	Lent. 535 475 555 275 675		
4F. DOES THE VETERAN HAVE MUSCLE A	TROPHY OF THE INJURED MUSCLE GROUP?		
Yes No			
If muscle atrophy is present, indicate location	(such as calf, thigh, forearm, upper arm):		
(Indicate side affected):	Left Both		
(Indicate muscle group(s) affected (I-	XXIII) if possible):		
Provide measurements in centimeter	s of normal side and atrophied side, measured at maximum muscle bulk:		
	m. Atrophied side: cm.		
If muscle atrophy is present in more	than one muscle group, provide location and measurements, using the same format:		
SECTION V - ASSISTIVE DEVICES			
54. DOES THE VETERAN USE ANY ASSISTIVE DEVICES AS A NORMAL MODE OF LOCOMOTION, ALTHOUGH OCCASIONAL LOCOMOTION BY OTHER METHODS			
MAY BE POSSIBLE?			
Yes No If yes, identify assistive devices used (check all that apply and indicate frequency):			
Wheelchair Fre	equency of use: Occasional Regular Constant		
Brace(s) Fre	equency of use: Occasional Regular Constant		
Crutch(es)	equency of use: Occasional Regular Constant		
Cane(s) Fre	equency of use: Occasional Regular Constant		
Walker Fre	equency of use: Occasional Regular Constant		
Other:			
Frequency of use: Occasional Regular Constant			
5B. IF THE VETERAN USES ANY ASSISTIVE	E DEVICES, SPECIFY THE CONDITION AND IDENTIFY THE ASSISTIVE DEVICE USED FOR EACH CONDITION.		

SECTION VI - REMAINING EFFECTIVE FUNCTION OF THE EXTREMITIES		
 6A. DUE TO THE VETERAN'S MUSCLE CONDITIONS IS THERE FUNCTIONAL IMPAIRMENT OF AN EXTREMITY SUCH THAT NO EFFECTIVE FUNCTION REMAINS OTHER THAN THAT WHICH WOULD BE EQUALLY WELL SERVED BY AN AMPUTATION WITH PROSTHESIS? (Functions of the upper extremity include grasping, manipulation, etc., while functions for the lower extremity include balance, and propulsion, etc.) Yes, functioning is so diminished that amputation with prosthesis would equally serve the Veteran No 		
If yes, indicate extremity(ies) for which this applies:		
For each checked extremity, identify the condition causing loss of function, describe loss of effective function and provide specific examples (brief summary)		
Note: The intention of this section is to permit the examiner to quantify the level of remaining function; it is not intended to inquire whether the Veteran should undergo an amputation with fitting of a prosthesis. For example, if the functions of grasping (hand) or propulsion (foot) are as limited as if the Veteran had an amputation and prosthesis, the examiner should check "yes" and describe the diminished functioning. The question simply asks whether the functional loss is to the same degree as if there were an amputation of the affected limb.		
SECTION VII - OTHER PERTINENT PHYSICAL FINDINGS, COMPLICATIONS, CONDITIONS, SIGNS AND/OR SYMPTOMS		
7A. DOES THE VETERAN HAVE ANY OTHER PERTINENT PHYSICAL FINDINGS, COMPLICATIONS, CONDITIONS, SIGNS AND/OR SYMPTOMS RELATED TO THE CONDITION(S) LISTED IN THE DIAGNOSIS SECTION ABOVE?		
7B. COMMENTS, IF ANY:		
SECTION VIII - DIAGNOSTIC TESTING		
Note: If there is reason to believe there are retained metallic fragments in the muscle tissue, appropriate x-rays are required to determine location of retained metallic fragment. Once retained metallic fragments have been documented, further imaging studies are usually not indicated.		
8A. HAVE IMAGING STUDIES BEEN PERFORMED IN CONJUNCTION WITH THIS EXAMINATION?		
8B. IS THERE X-RAY EVIDENCE OF RETAINED METALLIC FRAGMENTS (such as shell fragments or shrapnel) IN ANY MUSCLE GROUP?		
X-ray evidence of retained shell fragment(s) and/or shrapnel Location (specify muscle Group I-XXIII, if possible):		
(Indicate side affected): Right Left Both		
X-ray evidence of minute multiple scattered foreign bodies indicating intermuscular trauma and explosive effect of the missile Location (specify muscle Group I -XXIII, if possible):		
(Indicate side affected): Right Left Both		
8C. WERE ELECTRODIAGNOSTIC TESTS DONE?		
Yes No (If yes, was there diminished muscle excitability to pulsed electrical current?		
(If yes, name affected muscles)		
8D. ARE THERE ANY OTHER DIAGNOSTIC TEST FINDINGS AND/OR RESULTS RELATED TO THE CLAIMED CONDITION(S) AND/OR DIAGNOSIS(ES), THAT WERE REVIEWED IN CONJUNCTION WITH THIS EXAMINATION?		

SECTION IX - FUNCTIONAL IMPACT		
	ACT HIS OR HER ABILITY TO WORK, SUCH AS RESULTING	IN INABILITY TO KEEP UP WITH WORK
Yes No		
(If yes, describe the impact of each of the Veteran's m	uscle injuries, providing one or more examples):	
10A. REMARKS (If any)	SECTION X - REMARKS	
	ON XI- EXAMINER'S CERTIFICATION AND SIGNATU	URE
CERTIFICATION - To the best of my knowledge, the info	rmation contained herein is accurate, complete and current.	
11A. Examiner's signature:	11B. Examiner's printed name and title (e.g. MD, DC	D, DDS, DMD, Ph.D, Psy.D, NP, PA-C):
] [
11C. Examiner's Area of Practice/Specialty (e.g. Cardi	iology, Orthopedics, Psychology/Psychiatry, General Practice):	11D. Date Signed:
11E. Examiner's phone/fax numbers:	11F. National Provider Identifier (NPI) number:	11G. Medical license number and state:
,		
1111 Exeminante e data		
11H. Examiner's address:		