

# MANUAL MUSCLE TESTING PROCEDURES

## Key to Muscle Grading

|                      | Function of the Muscle                                                                                 | Grade |    |        |
|----------------------|--------------------------------------------------------------------------------------------------------|-------|----|--------|
| <b>No Movement</b>   | No contractions felt in the muscle                                                                     | 0     | 0  | Zero   |
|                      | Tendon becomes prominent or feeble contraction felt in the muscle, but no visible movement of the part | T     | 1  | Trace  |
| <b>Test Movement</b> | <b>MOVEMENT IN HORIZONTAL PLANE</b>                                                                    |       |    |        |
|                      | Moves through partial range of motion                                                                  | 1     | 2- | Poor-  |
|                      | Moves through complete range of motion                                                                 | 2     | 2  | Poor   |
|                      | <b>ANTIGRAVITY POSITION</b>                                                                            | 3     | 2+ |        |
|                      | Moves through partial range of motion                                                                  |       |    |        |
| <b>Test Position</b> | Gradual release from test position                                                                     | 4     | 3- | Fair-  |
|                      | Holds test position (no added pressure)                                                                | 5     | 3  | Fair   |
|                      | Holds test position against slight pressure                                                            | 6     | 3+ | Fair+  |
|                      | Holds test position against slight to moderate pressure                                                | 7     | 4- | Good-  |
|                      | Holds test position against moderate pressure                                                          | 8     | 4  | Good   |
|                      | Holds test position against moderate to strong pressure                                                | 9     | 4+ | Good+  |
|                      | Holds test position against strong pressure                                                            | 10    | 5  | Normal |

# How To Do Manual Muscle Testing

**B Lingard**



## **How To Do Manual Muscle Testing:**

## Decoding **How To Do Manual Muscle Testing**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**How To Do Manual Muscle Testing**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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