

Manual Muscle Testing for Occupational Therapy

MANUAL MUSCLE TESTING

GRADE	MEANING
5/ NORMAL	HOLD POSITION WITH STRONG RESISTANCE APPLIED
4 / GOOD	MINIMAL LOSS OF POSITION WHEN RESISTANCE APPLIED
4- / GOOD-	FALLS FROM STRAIT POSITION WHEN RESISTANCE APPLIED BUT REMAINS ABOVE MIDLINE OF MOVEMENT
3+ / FAIR +	FALLS BELOW MIDLINE WHEN RESISTANCE APPLIED BUT DOES NOT DROP TO START POSITION OF MOVEMENT
3 / FAIR	INDEPENDENTLY & PERFORMS FULL ARC OF MOVEMENT AGAINST GRAVITY BUT CANNOT TOLERATE ADDITIONAL RESISTANCE
3- / FAIR-	ARC OF MOVEMENT AGAINST GRAVITY ABOVE MIDLINE ONLY
2+ / POOR +	MINIMAL ARC OF MOVEMENT AGAINST GRAVITY, UNABLE TO EXCEED THE MIDLINE OF MOVEMENT
2 / POOR	FULL ARC OF MOVEMENT AGAINST GRAVITY ELIMINATED
2- / POOR -	NO GRAVITY ELIMINATED, ARC OF MOVEMENT BEYOND THE MIDLINE OF THE MOVEMENT BUT LESS THAN FULL
1+ / TRACE +	NO GRAVITY ELIMINATED, ARC OF MOVEMENT BEYOND THE MIDLINE OF THE MOVEMENT BUT LESS THAN FULL
1 / TRACE	VISIBLE OR PALPABLE CONTRACTION, NO JOINT MOTION
0	NOT VISIBLE OR PALPABLE CONTRACTION, NO MOTION

MANUAL MUSCLE TESTING

ORDER OF MMT EVALUATION

PROX -> DISTAL -> GRAVITY ELIMINATED OR RESISTANCE
APPLY RESISTANCE IF FULL ARC OF MOVEMENT AGAINST GRAVITY IS POSSIBLE

INFORMAL ASSESSMENT OF BUE MMT/ROM

1. ASSESS ARM & SHOULDER FLEXION, IF FULL ARC POSSIBLE. TEST STRENGTH IN BILATERAL SHOULDERS AT 90 DEGREE FLEXION
2. ASSESS ELBOW ROM IN SEATED AND STANDING. TO TEST EXTENSION, RESIST THEIR ABILITY TO HOLD ELBOW FLEXION AND TO EXTEND AGAINST YOU
3. ASSESS WRIST STRENGTH BY ASKING TO SQUEEZE THUMB OF YOUR FINGERS
4. TEST THEIR ABILITY TO REACH BEHIND THEIR BACK
5. TEST NEUROMUSCULAR FUNCTION OF DIGITS 1-5 ON EACH HAND

Manual Therapy Testing

Lei Shi

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Manual Therapy Testing Introduction

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