

MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

	Function of the Muscle	Grade		
No Movement	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
Test Movement	MOVEMENT IN HORIZONTAL PLANE			
	Moves through partial range of motion	1	2-	Poor-
	Moves through complete range of motion	2	2	Poor
	ANTIGRAVITY POSITION	3	2+	
	Moves through partial range of motion			
Test Position	<i>Gradual</i> 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

Manual Muscle Testing Lower Extremity Chart

**Florence Peterson Kendall, Elizabeth
Kendall McCreary**



Manual Muscle Testing Lower Extremity Chart:

Whispering the Strategies of Language: An Emotional Journey through **Manual Muscle Testing Lower Extremity Chart**

In a digitally-driven earth wherever displays reign great and immediate communication drowns out the subtleties of language, the profound strategies and psychological nuances hidden within phrases often go unheard. Yet, nestled within the pages of **Manual Muscle Testing Lower Extremity Chart** a captivating literary value pulsating with raw emotions, lies a fantastic journey waiting to be undertaken. Composed by an experienced wordsmith, this charming opus encourages viewers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the emotional depths of the touching review, we shall embark upon a heartfelt exploration of the book is key themes, dissect their captivating writing fashion, and fail to the effective resonance it evokes deep within the recesses of readers hearts.

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