

# 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>	<i>Gradual release from test position</i>	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 Test Chart

**Vincent M. Conroy, Brian N. Murray  
Jr., Quinn T. Alexopoulos, Jordan  
McCreary**



## **Manual Muscle Test Chart:**

**Essentials Of Orthopaedics & Applied Physiotherapy** Jayant Joshi, 1999 Orthopaedic Physiotherapy is one of the major specialties of the art and the science of physiotherapy. It plays a vital role in the rehabilitation of the physically handicapped. There are a large number of books on orthopaedics and physiotherapy but they all deal with these subjects as a separate entity. There is not even a single book that provides the overall picture of the total therapeutic management. This book, the first of its kind, fills the gap. About the Author: Vijaya D Joshi MD Professor Head Terna Medical College Nerul Navi Mumbai. Formerly Professor of Physiology Seth G S Medical College Parel Mumbai India. *Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e* Helen Hislop, 2013-09-01 A practical handbook on evaluating muscular strength and function. Daniels and Worthingham's Muscle Testing Techniques of Manual Examination and Performance Testing 9th Edition makes it easy to understand and master procedures in manual muscle testing and performance testing. Clear illustrated instructions provide a guide to patient positioning, direction of motion and direction of resistance. In addition to muscle testing of normal individuals and others with weakness or paralysis, this edition includes new coverage of alternative strength tests and performance tests for older adults and others with functional decline such as the inactive and obese. Written by educators Helen J Hislop, Dale Avers and Marybeth Brown, this classic physical therapy reference now features an Evolve companion website with video clips demonstrating key muscle testing techniques. Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures, allowing you to assess deficits in strength, balance and range of motion. More than 600 illustrations clearly show testing sequences, muscle anatomy and muscle innervation. Video clips of over 100 muscle tests on the Evolve companion website demonstrate the art and technique of muscle testing in a clinical setting. Details of muscle anatomy and innervation help in linking muscle topography with function. Helpful Hints and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy in testing. A constant reference number clearly identifies each muscle in the body, indexed in the Alphabetical List of Muscles by Region as well as in the Ready Reference Anatomy Manual on Evolve to speed cross referencing and help you quickly identify any muscle. **Daniels and Worthingham's Muscle Testing E-Book** Marybeth Brown, Dale Avers, 2018-06-28 A practical handbook on evaluating muscular strength and function. Daniels and Worthingham's Muscle Testing Techniques of Manual Examination and Performance Testing 10th Edition helps you to understand and master procedures in manual muscle testing and performance testing. Clear illustrated instructions provide a guide to patient positioning, direction of motion and direction of resistance. In addition to muscle testing of normal individuals and others with weakness or paralysis, this edition includes coverage of alternative strength tests and performance tests for older adults and others with functional decline such as the inactive and obese. The tenth edition also includes coverage of muscle dynamometry and a sampling of ideal exercises. Updated by

educators Dale Avers and Marybeth Brown this classic physical therapy reference once again features a companion website with many new video clips demonstrating the latest muscle testing procedures and alternatives to muscle testing In addition two online only chapters Cranial Nerve and Ready Reference Anatomy have been added Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures allowing you to assess deficits in strength balance and range of motion More than 500 illustrations clearly show testing sequences muscle anatomy and muscle innervation Chapters on performance testing cover functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings Chapters on manual muscle testing address when to use manual muscle testing the limitations of manual muscle testing and alternatives to manual muscle testing Details of muscle anatomy and innervation help in linking muscle topography with function Helpful Hints and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy in testing A constant reference number clearly identifies each muscle in the body indexed in the Alphabetical List of Muscles by Region as well as in the Ready Reference Anatomy Manual on Evolve to speed cross referencing and help you to quickly identify any muscle NEW Content on the muscle dynamometer and muscle dynamometry data introduces you to muscle dynamometry including muscle dynamometer methods and results with each muscle NEW Video clips demonstrate the latest muscle testing techniques and alternative muscle testing procedures in a clinical setting NEW Ideal exercises for selected muscles thoroughly explain procedures based on the literature NEW Additional Video Educational Content box alerts you when videos associated with that chapter are available to view     *Muscles, Testing and Function* Henry Otis Kendall, Florence Peterson Kendall, Gladys Elizabeth Wadsworth, 1971     *Steps to Follow* Patricia M. Davies, 2012-12-06 This new edition of a best selling guide incorporates significant advances in the early and later rehabilitation of neurologically impaired patients Based on the Bobath concept Davies approach to rehabilitation stresses the need to equip the patient for a full life rather than setting arbitrary goals for functioning in a sheltered environment Activities are described for correcting abnormal movement patterns and facial difficulties Ways to regain walking balance and other normal movement sequences are explained and demonstrated with 750 photographs of patients being treated     *Kendall's Muscles* Vincent M. Conroy, Brian N. Murray Jr., Quinn T. Alexopoulos, Jordan McCreary, 2022-11-23 Kendall's Muscles Testing and Function with Posture and Pain 6th Edition transforms this landmark Physical Therapy classic to prepare you for unparalleled clinical success in today's practice Timeless coverage of manual muscle testing evaluation and treatment meets the latest evidence based practices engaging imagery and dynamic digital resources to create a powerful resource you will reference for years to come The extensively revised 6th Edition of this proven classic details normal and abnormal range of motion developmental factors and environmental influences on posture length tests and stretching exercises entrapment and compression syndromes scoliosis and more incorporating extensive updates and enhancements to help you develop clinical confidence and

ensure safe effective practice throughout your career      **Muscles, Testing and Function** Florence Peterson Kendall, Elizabeth Kendall McCreary, 1983      *Musculoskeletal Assessment* Hazel Clarkson, 2020-07-20 Develop the skills needed to proficiently evaluate a patient's present functional status and create effective range of motion and muscle strength goals This updated fourth edition of Hazel Clarkson's *Musculoskeletal Assessment Joint Range of Motion Muscle Testing and Function A Research Based Practical Guide* offers a straight forward student friendly approach to learning the clinical evaluation of Joint Range of Motion ROM Muscle Length and Manual Muscle Testing MMT Now in striking full color the fourth edition provides the right amount of detail students need to prepare for effective practice Each chapter is devoted to a separate anatomical region to help Physical Therapists and Occupational Therapists in training hone their understanding of pertinent surface and deep anatomy The clear narrative outlines the steps taken in the assessment techniques and interpreting the results and is enhanced by a strong art program with meticulously created color illustrations and photographs that demonstrate patient and therapist positions and instrument placement      Daniels and Worthingham's Muscle Testing, First South Asia Edition E Book Dale Avers, Marybeth Brown, 2018-11-13 Daniels and Worthingham's *Muscle Testing First South Asia Edition E Book*      Essentials of Orthopaedics & Applied Physiotherapy - E-Book Prakash P Kotwal, 2016-10-28 *Essentials of Orthopaedics Applied Physiotherapy E Book*      Musculoskeletal Assessment Hazel M. Clarkson, 2000 Completely revised and updated this edition presents the principles and methodology of assessing both joint range of motion ROM goniometry and manual muscle strength for the head neck trunk and extremities Each chapter is devoted to a separate anatomical region and provides knowledge of pertinent surface anatomy and deep anatomy Excellent photography and illustrations enhance comprehension of techniques and serve as a self learning tool New to this edition New vertical format second color added to line art 200 new photographs detailed coverage of ROM and muscle length assessment and measurement for each body region comprehensive coverage of end feels for each joint motion and chapter relating assessment methods to treatment techniques and activities of daily living A useful resource for assessment and treatment

Preparing for The Occupational Therapy Assistant National Board Exam: 45 Days and Counting Dizazzo-Miller, 2017-08-30 *Preparing for the Occupational Therapy Assistant Board Exam 45 Days and Counting* provides a comprehensive overview for occupational therapy assistant students preparing to take the Certified Occupational Therapy Assistant COTA exam Each new print copy includes Navigate 2 Preferred Access that unlocks a complete eBook Study Center Homework and Assessment Center Navigate 2 TestPrep with over 500 practice questions      *Illustrated Manual of Nursing Practice*, 2002 Completely revised and updated this broad yet comprehensive edition contains twenty nine chapters on nursing issues and clinical practice Topics cover practice and process documentation legal issues health promotion physical assessment I V therapy surgical care and more Disorders are organized by body system and feature an overview of anatomy and physiology assessment diagnostic tests medication treatment and home care with coverage of care for maternal neonatal

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**Adult Physical Conditions** Amy J. Mahle, Amber L. Ward, 2022-03-01 The go to resource for class clinical and practice now in full color A team of noted OTA and OT leaders and educators deliver practical in depth coverage of the most common adult physical conditions and the corresponding evidence based occupational therapy interventions The authors blend theory and foundational knowledge with practical applications to OTA interventions and client centered practice This approach helps students develop the critical thinking and clinical reasoning skills that are the foundation for professional knowledgeable creative and competent practitioners New Updated Content that incorporates language from the 4th Edition of the Occupational Therapy Practice Framework and aligns with the latest ACOTE standards New Updated Full color contemporary photographs that reflect real clients and OT practitioners in diverse practice settings New Chapters Occupational Justice for Diverse and Marginalized Populations Motor Control and Neurotherapeutic Approaches Sexual Activity and Intimacy Dementia Understanding and Management and The Influence of Aging on Occupational Performance Evidence Based Practice highlights recent research articles relevant to topics in each chapter reinforcing the evidence based perspective presented throughout the text Putting It All Together Sample Treatment and Documentation uses evaluation treatment and documentation based on one relevant case from each diagnosis chapter to connect what students are learning

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**A Study of Selected Methods of Grading Manual Muscle Tests with Suggestions for a Teaching Program ...** Lucille Daniels,1945     **The Army Lawyer** ,1989     Braddom's Physical Medicine and Rehabilitation E-Book David X. Cifu,2015-08-02 The most trusted resource for physiatry knowledge and techniques Braddom s Physical Medicine and Rehabilitation remains an essential guide for the entire rehabilitation team With proven science and comprehensive guidance this medical reference book addresses a range of topics to offer every patient maximum pain relief and optimal return to function In depth coverage of the indications for and limitations of axial and peripheral joints through therapies enables mastery of these techniques Optimize the use of ultrasound in diagnosis and treatment A chapter covering PM R in the international community serves to broaden your perspective in the field Detailed illustrations allow you to gain a clear visual understanding of important concepts New lead editor Dr David Cifu was selected by Dr Randall Braddom to retain a consistent and readable format Additional new authors and editors provide a fresh perspective to this edition Features comprehensive coverage of the treatment of concussions and military amputees Includes brand new information on rehabilitating wounded military personnel the latest injection techniques speech swallowing disorders head injury rehabilitation and the rehabilitation of chronic diseases New chapters on pelvic floor disorders and sensory impairments keep you at the forefront of the field Reader friendly design features an updated table of contents and improved chapter approach for an enhanced user experience Expert Consult eBook version included with purchase This enhanced eBook experience gives access to the text figures over 2 500 references 51 videos and 750 self assessment questions on a variety of devices     *The Sports Rehabilitation Therapists' Guidebook* Konstantinos Papadopoulos,Mark Richardson,2021-06-30 The Sports Rehabilitation Therapists Guidebook is a well equipped comprehensive practical evidence based guide that seeks to assist both students and graduate sport practitioners The book is designed to be a quick reference book during assessment and treatment planning giving instant access to figures and case scenarios It introduces evidence based practice in all principal areas of sport rehabilitation such as anatomy musculoskeletal assessment pitch side care injury treatment modalities and exercise rehabilitation principles and related areas and is designed to be more flexible than the usual single focus books It is written by a team of expert contributors offering a systematic perspective on core concepts The book can be used as a guide in each stage of the sport rehabilitation process and it is an asset for sport clinical practitioners such as sport rehabilitators sport therapists personal trainers strength and conditioning coaches as well as for students on

these and related courses in their daily practice on core clinical placements such as a clinic sporting environment pitch side and university      *Pedretti's Occupational Therapy - E-Book* Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2017-03-10

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