

**Table 1: Comparison of MMT grades[3]**

<b>Medical Research Council[4]</b>	<b>Daniels and Worthingham[5]</b>	<b>Kendall and McCreary[6]</b>	<b>Explanation</b>
<b>5</b>	<b>Normal(N)</b>	<b>100%</b>	<b>Holds test position against maximal resistance</b>
<b>4+</b>	<b>Good + (G+)</b>		Holds test position against moderate to strong pressure
<b>4</b>	<b>Good(G)</b>	<b>80%</b>	<b>Holds test position against moderate resistance</b>
<b>4-</b>	<b>Good - (G-)</b>		Holds test position against slight to moderate pressure
<b>3+</b>	<b>Fair + (F+)</b>		Holds test position against slight resistance
<b>3</b>	<b>Fair (F)</b>	<b>50%</b>	<b>Holds test position against gravity</b>
<b>3-</b>	<b>Fair- (F-)</b>		Gradual release from test position
<b>2+</b>	<b>Poor + (P+)</b>		Moves through partial ROM against gravity OR Moves through complete ROM gravity eliminated and holds against pressure
<b>2</b>	<b>Poor(P)</b>	<b>20%</b>	<b>Able to move through full ROM gravity eliminated</b>
<b>2-</b>	<b>Poor - (P-)</b>		Moves through partial ROM gravity eliminated
<b>1</b>	<b>Trace(T)</b>	<b>5%</b>	<b>No visible movement; palpable or observable tendon prominence/flicker contraction</b>
<b>0</b>	<b>0</b>	<b>0%</b>	<b>No palpable or observable muscle contraction</b>

# Manual Muscle Testing Score

**Dale Avers, Donovan J. Lott, Marybeth  
Brown**



## **Manual Muscle Testing Score:**

Handbook of Neurologic Rating Scales, 2nd Edition , Rating scales are used daily by everyone involved in the management of patients with neurologic disease and in the design and management of neurologic clinical trials Now there is a single source for the wide range of scales used in specific neurologic diseases and neurorehabilitation You will refer to this volume constantly The first edition of the Handbook of Neurologic Rating Scales quickly became an invaluable reference work on the increasing array of scales for measuring neurologic disease In the brief few years since the first edition the importance of this book has only increased New Chapters Include Scales On Generic and general use Pediatric neurology and rehabilitation Peripheral neuropathy and pain Ataxia HIV AIDS And instruments for diagnosing headaches Formal measurement of the effects of neurologic disease and of treatment effects beyond the description of changes on the standard neurologic examination is a relatively recent development Controlled clinical trials and outcomes research are at the heart of modern information based medicine and neurologic scales are essential tools in clinical trials designed to provide this information A Resource for Clinical Trials The Handbook of Neurologic Rating Scales provides a resource for clinicians and clinical investigators in the broad field of neurology and neurologic rehabilitation to help them evaluate the clinical trials literature by providing information on the scales being used evaluate and select appropriate and efficient scales for clinical trials and outcomes research and provide information that will help them to develop new scales or measures or to improve existing ones A Resource for Evaluating Disease Status Outcomes research is playing an increasingly important role in clinical management and neurorehabilitation and these also depend largely on measurement of disease status and change In this era of managed care neurologists must produce outcomes data demonstrating the effectiveness of neurologic care if the specialty is to survive and certainly if it is to thrive Even effective therapies are likely to fall by the wayside if studies to prove their effectiveness are not done Comprehensive and Standardized Information on All Scales Each chapter in this volume contains the scales of importance and in current use including a sequence of scale descriptions and specific scales in a standard format as well as a summary and recommendations indicating which scales are most useful for specific purposes and whether a combination of scales is particularly useful or if better scales are needed Each entry notes the purpose for which the scale was developed and its current uses if they differ from those for which it was developed a detailed description of the scale information about validation such as Does the scale have face validity i e does it appear to measure what it purports to measure how and by whom the scale is administered the time needed to administer and score the scale the scale itself or when the scale is proprietary or too long for inclusion a description and key references special considerations including unusual measures needed to obtain a valid score or problems in administering the test in specific patients advantages or what makes the scale good or useful Disadvantages or what makes the scale difficult to use or impairs its reliability key references including the original publication of the scale and its validation Downloadable PDFs of the scales

contained in the Handbook of Neurologic Rating Scales are included with the purchase of this book The password to download the files can be found in the book itself **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

**Daniels and Worthingham's Muscle Testing - E-Book** Marybeth Brown, Helen Hislop, Dale Avers, 2013-01-25 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 NEW chapters on performance testing cover functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings NEW chapters on manual muscle testing address when to use manual muscle testing the limitations of manual muscle testing and alternatives to manual muscle testing UPDATED references for each chapter include the most current evidence based information NEW An Evolve companion website helps you hone your manual testing skills with video clips of over 100 muscle tests and with the Ready Reference Anatomy Guide *Daniels and*

*Worthingham's Muscle Testing - E-Book* Dale Avers, Donovan J. Lott, Marybeth Brown, 2024-02-06 Daniels and Worthingham's Muscle Testing 11th Edition offers the clear information needed to master procedures and enhance clinical decision making in manual muscle testing and performance testing Comprehensive discussion of the value of strength testing with clear illustrated instructions provide a detailed guide to patient positioning clinician instructions and application of skill In addition to updated muscle testing of normal individuals and others with weakness or paralysis this edition includes updated information on alternative strength and performance tests for all adult populations Updated comprehensive coverage for muscle dynamometry and ideal exercises enhances this text's relevance for today's clinician An eBook version included with print purchase provides access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures to assess deficits in strength balance and range of motion More than 500 illustrations clearly show testing sequences muscle anatomy and muscle innervation Content on the muscle dynamometer and muscle dynamometry data introduces you to muscle dynamometry including muscle dynamometer methods and results with each muscle Ideal exercises for selected muscles thoroughly explain procedures based on the literature Chapter on functional performance testing covers functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings Chapter on strength testing for active populations includes a variety of tests appropriate for many settings with reference data for comparison Chapters on manual muscle testing address how to enhance the reliability and validity of manual muscle testing and other practical considerations of manual muscle testing Details of muscle anatomy and innervation help in linking muscle topography with function Clinical Relevance and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy 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 chapter in the eBook included with print purchase to speed cross referencing and help you quickly identify any muscle Updated content throughout provides the most current information needed to be an effective practitioner Updated references ensure content is current and applicable for today's practice NEW eBook version included with print purchase provides access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Plus the eBook includes video clips and bonus Ready Reference Anatomy and Assessment of Muscles Innervated by Cranial Nerves content *Springer Handbook of Medical Technology* Rüdiger Kramme, Klaus-Peter Hoffmann, Robert Steven Pozos, 2011-10-02 This concise user oriented and up to date desk reference offers a broad introduction to the fascinating world of medical technology fully considering today's progress and further development in all relevant fields The Springer Handbook of Medical Technology is a systemized and well structured guideline which distinguishes itself through simplification and condensation of complex facts This book is an

indispensable resource for professionals working directly or indirectly with medical systems and appliances every day It is also meant for graduate and post graduate students in hospital management medical engineering and medical physics

**Muscle and Sensory Testing - E-Book** Nancy Berryman Reese,2020-04-21 NEW Techniques of Functional Muscle Testing chapter includes completely revised content to give you a strong foundation of testing techniques UPDATED Expanded clinical notes and case vignettes challenge you to apply your knowledge to real world situations and think creatively about clinical problems UPDATED Consistent chapter layout by joint and muscle system allows you to easily locate important information UPDATED References throughout the book enable you to quickly find the most up to date sources on specific topics UNIQUE 185 Video clips on the companion Evolve website reinforce your understanding of key techniques such as muscle tests handheld dynamometry pediatric handheld dynamometry sensory and neurologic testing proper patient and clinician positioning and force application     Campbell's Physical Therapy for Children Expert Consult - E-Book Robert Palisano,Margo Orlin,Joseph Schreiber,2016-12-20 NEW Revised chapter on motor development and control now closely examines the when how why and what of developing motor skill and how it contributes to effective physical therapy NEW Chapter on children with autism spectrum disorder ASD covers the characteristics of ASD the diagnostic process program planning and evidence based decision making for children with ASD NEW Chapter on pediatric oncology addresses the signs and symptoms of pediatric cancers the most common medical interventions used to treat these diseases the PT examination and common therapeutic interventions NEW Chapter on tests and measures offers guidance on how to effectively use tests and measures in pediatric physical therapy practice NEW Extensively revised chapter asthma offers more detail on the pathology of asthma the primary and secondary impairments of asthma the impact on a child s long term health and development pharmacological management and more NEW Revised chapter on the neonatal intensive care unite better addresses the role of the physical therapist in the neonatal intensive care unit UPDATED Full color photos and line drawings clearly demonstrate important concepts and clinical conditions that will be encountered in practice NEW Expert Consult platform provides a number of enhancements including a fully searchable version of the book case studies videos and more NEW Revised organization now includes background information such as pathology pathophysiology etiology prognosis and natural evolution and medical and pharmacologic management as well as foreground information such as evidence based recommendations on physical therapy examination strategies optimal tests and measurement interventions patient caregiver instruction and more NEW Additional case studies and videos illustrate how concepts apply to practice     **Orthopedic Clinical Examination** Michael P. Reiman,2016-01-28 Orthopedic Clinical Examination With Web Resource provides readers with fundamental knowledge for developing proficiency at performing systematic orthopedic evaluations Michael P Reiman who is internationally respected for his teaching clinical practice and research focused on orthopedic assessment and treatment methods presents an evidence based guide on the examination process for various parts of the body The text takes

a structured approach moving from broad to focused that guides clinicians in examining each client and condition The text presents specific components of the examination in the same sequence ensuring repetition and improved consistency in learning Screenings are used early in the examination sequence not only to determine the appropriateness of performing an orthopedic examination but also to rule out other potential pain generators and thereby narrow the focus of the examination Orthopedic Clinical Examination emphasizes evidence based practice and therefore focuses on tests that are clinically relevant providing students and clinicians with the most appropriate testing options rather than listing tests with no regard for their clinical value Both treatment based and pathological based diagnostic styles are covered in detail so that readers will gain a thorough understanding of both approaches and be able to implement them separately or in tandem In addition to musculoskeletal testing the text provides information on including subjective history observation diagnostic imaging systems and neurological screening and performance based measures in each examination The text is organized into five parts and is structured such that readers will first acquire requisite knowledge about anatomy and the examination process before advancing to acquiring specific examination skills Part I presents information about the musculoskeletal and nervous systems as well as tissue behavior and healing Part II introduces the principles of the examination sequence Parts III and IV present the region specific examination sequence for evaluating clients including specifics on analyzing the head spine and extremities Each chapter in these two parts covers the anatomy of the region various types of injuries that occur specific tests and measures that can be used and cross references to specific case studies for further review Part V highlights additional considerations that may be necessary for special populations during the examination process Orthopedic Clinical Examination includes learning tools that enhance comprehension and engagement Full color photographs and illustrations demonstrate anatomy patient conditions and clinician positioning to serve as a visual reference and ensure proper testing techniques A library of 50 videos found in the web resource provides students with visual demonstrations of assessments and treatments Color coding graphics throughout chapters help readers quickly discern whether evidence supporting the reported finding is ideal good or less than good Overviews of common orthopedic conditions for each body region are in the 12 applied chapters Twenty four case studies guide users in the proper questions to ask and steps to take in conducting examinations Links to abstracts of articles provide additional clinical learning scenarios For instructors an image bank test package and instructor guide with activities aid in teaching and testing students The web resource and ancillaries are available at [www.HumanKinetics.com/OrthopedicClinicalExamination](http://www.HumanKinetics.com/OrthopedicClinicalExamination) With Orthopedic Clinical Examination current and future clinicians will gain the knowledge and confidence they need in performing examinations and making diagnoses in clinical settings

**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

Neuromuscular Disorders in Clinical Practice Bashar Katirji, Henry J. Kaminski, Robert L. Ruff, 2013-10-11 Comprehensive

thoroughly updated and expanded Neuromuscular Disorders in Clinical Practice Second Edition encompasses all disorders of the peripheral nervous system covering all aspects of neuromuscular diseases from diagnosis to treatment Mirroring the first book this two volume edition is divided into two parts Part one discusses the approach to neuromuscular disorders covering principles and basics neuromuscular investigations and assessment and treatment of neurological disorders Part two then addresses the complete range of specific neuromuscular diseases neuronopathies peripheral neuropathies neuromuscular junction disorders muscle ion channel disorders myopathies and miscellaneous neuromuscular disorders and syndromes Neuromuscular Disorders in Clinical Practice Second Edition is intended to serve as a comprehensive text for both novice and experienced practitioners General neurologists as well as specialists in neuromuscular medicine and trainees in neuromuscular medicine clinical neurophysiology and electromyography should find this book inclusive comprehensive practical and highly clinically focused Additionally specialists in physical medicine and rehabilitation rheumatology neurosurgery and orthopedics will find the book of great value in their practice

**Evidence-Based Neurology** Bart Demaerschalk, Dean Wingerchuk, 2015-10-12 From an expert editor team drawn from the Cochrane Neurological Network Evidence Based Neurology provides specialists and those in training with the skills and knowledge to apply evidence based practice in the clinical setting fills the gap between guidelines and primary studies as well as between primary and secondary scientific medical literature summarizes the most recent and important findings on treatments for neurological patients measures the benefit and when applicable the risk of harm inherent in specific neurological interventions now includes new non clinical topics of interest to neurologists such as education and research

**Motor Disorders** David S. Younger, MD, 2014-10-01 This preeminent book in the field of Neurology has been extensively updated and expanded by 70 leading authorities providing a single encyclopedic summary the scientific advances and new clinical practices that can be immediately considered for your patients It brings together nearly the entire spectrum of motor disorders and Neurology into one convenient resource to aid in a comprehensive evaluation diagnosis distinction and treatment of various disorders Additionally by using the perspectives of different subspecialties the book also provides a comprehensive yet concise account of any disorder with motor manifestations This new edition now includes the following content and features Edited by David S Younger MD a highly respected practitioner and researcher with scholarly chapters by leaders in the field and more international authors than other texts Up to date articles on highly changing subjects related to Neurogenetics Chapters on Neurorehabilitation coverage not usually found in other neurological textbooks Advances in Alzheimer Disease Parkinson Disease Amyotrophic Lateral Sclerosis Both adult and pediatric topics in one book High quality figures of neuroimaging and neuropathology

Handbook of Sports Medicine and Science Yves C. Vanlandewijck, Walter R. Thompson, 2016-06-01 Part of the esteemed IOC Handbook of Sports Medicine and Science series this new volume on Training and Coaching the Paralympic Athlete will be athlete centred with each chapter written for the practical use of medical doctors and allied health



personnel The chapters also consider the role of medical science in the athlete s sporting career and summarize current international scientific Paralympic literature Provides a concise authoritative overview of the science medicine and psycho social aspects of training and coaching disabled and Paralympic athletes Offers guidance on medical aspects unique to the training and coaching of Paralympic athletes Endorsed by both the International Olympic Committee IOC and the International Paralympic Committee IPC Written and edited by global thought leaders in sports medicine Preparing for The Occupational Therapy Assistant National Board Exam: 45 Days and Counting Rosanne DiZazzo-Miller,Fredrick D. Pociask,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 **Motor Control of Gait and the Underlying Neural Network in Pediatric Neurology** Pieter Meyns,Kaat Desloovere,Els Ortibus,Marjolein Margaretha Van Der Krogt,2019-10-23 **Clinical Trials in Neurology** Roberto J. Guiloff,2013-03-14 Clinical Trials in Neurology comprehensively tackles the methodology and design of clinical trials in neurological disease A general section deals with the ethical aspects drug development and regulatory requirements basic trial designs and the statistics used A diseases section tackles specific aspects of disorders focusing on the relevant ethical issues outcome variables and experience with large multicentre trials **Motor System Disorders, Part I** David S. Younger,2023-08-08 Motor System Disorders Normal Physiology and Function and Neuromuscular Disorders summarizes recent advances and best practice for understanding normal physiology and function of the larger motor system as well as the diagnosis course and treatment of neuromuscular disorders The work will include neuroanatomy circuits and synapses It discusses how different parts of the brain contribute to motor control including both vestibular and cerebellar motor control as well as the influences of the parietal and frontal lobes Diagnostic methods include genetic evaluation electrodiagnosis pathology and brain imaging Neuromuscular disorders of both children and adults will be included Identifies normal motor control physiology and function including neuroanatomy circuits and synapses Discusses vestibular and cerebral motor control and contributions of parietal and frontal lobes Provides diagnostic methods including genetic evaluation electrodiagnosis brain imaging and pathology analyses Summarizes the diagnosis course and best practice treatment of neuromuscular disorders Explores neuromuscular disorders in adults and children **Sensorimotor Rehabilitation** ,2015-04-14 This volume of Progress in Brain Research focuses on Sensorimotor Rehabilitation This well established international series examines major areas of basic and clinical research within neuroscience as well as emerging subfields *Duchenne Muscular Dystrophy* Jeffrey S. Chamberlain,Thomas A. Rando,2006-02-27 Duchenne Muscular Dystrophy DMD is one of the most prevalent genetic disorders of childhood for which there is no cure This authoritative guide provides a clear overview of the clinical genetic and pathophysiological aspects of

the disease in the context of emerging therapeutic modalities The only available source on the subject this reference emphasizes the importance of accurate diagnosis carrier detection and genetic counseling and supplies state of the art information on pharmacological interventions regenerative medicine and gene therapy     *Electrostatics - Fundamentals and Modern Applications* Dengming Xiao,Su Zhao,2025-04-30 *Electrostatics Fundamentals and Modern Applications* is a comprehensive and in depth academic work designed to provide readers with both the theoretical foundations and cutting edge applications of electrostatics This book places a strong emphasis on the modern applications of electrostatics covering cutting edge fields such as nanotechnology micro electro mechanical systems MEMS energy harvesting and biomedical engineering Through rich case studies and practical examples it demonstrates the critical role of electrostatics in driving technological innovation Authored by a team of renowned experts in the field this book combines academic rigor with practical relevance making it an essential resource for undergraduates graduate students researchers and professionals in related disciplines Whether readers aim to solidify their theoretical understanding or explore the latest applications of electrostatics in engineering and technology this book serves as an indispensable reference Published through IntechOpen s open access model *Electrostatics Fundamentals and Modern Applications* shares the knowledge of electrostatics with a global audience fostering the dissemination of scientific knowledge and innovation Step into the world of electrostatics and uncover the mysteries and limitless possibilities of electric charges

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