

Table 2

Manual Muscle Test Grading					
Description	Abbreviation	Number	Gravity	ROM	Resistance
Normal	N	5/5	against	full	Maximum
Good	G	4/5	against	full	Moderate
Good Minus	G-	4-/5	against	full	Less than Mod. Slight/Min "Breaks with resistance"
Fair Plus	F+	3+/5	against	full	
Fair	F+	3/5	against	full	None
Fair Minus	F-	3-/5	against	< full; more than 50%	None
Poor Plus	P+	2+/5	against	<50%	None
Poor Plus	P+	2+/5	eliminated	full	Minimal & then "breaks"
Poor	P	2/5	eliminated	full	None
Poor Minus	P-	2-/5	eliminated	< full	None
Trace	T	1/5			
Zero	0	0/5			

Manual Muscle Testing Upper Extremity Chart

**Joan H. Cole, Anne L. Furness, Lance T.
Twomey**



Manual Muscle Testing Upper Extremity Chart:

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

Physical Medicine and Rehabilitation E-Book Randall L. Braddom, 2010-12-07 Physical Medicine and Rehabilitation presents today's best physiatry knowledge and techniques ideal for the whole rehabilitation team This trusted reference delivers the proven science and comprehensive guidance you need to offer every patient maximum pain relief and optimal return to function In this new edition Dr Randall L Braddom covers current developments in interventional injection procedures the management of chronic pain integrative medicine recent changes in the focus of stroke and brain injury rehabilitation and much more Access the complete contents online along with 1000 self assessment questions at www.expertconsult.com Gain a clear visual understanding of important concepts thanks to 1400 detailed illustrations 1000 in full color Find and apply the information you need easily with each chapter carefully edited by Dr Braddom and his associates for consistency succinctness and readability Access the fully searchable text online at Expert Consult as well as 1000 self assessment questions Master axial and peripheral joint injections through in depth coverage of the indications for and limitations of these therapies Make optimal use of ultrasound in diagnosis and treatment Get a broader perspective on your field from a new chapter on PM R in the international community

Manual Physical Therapy of the Spine - E-Book Kenneth A. Olson, 2015-02-10 Master the techniques and problem solving skills needed to manage spinal and TMJ disorders Manual Physical Therapy of the Spine 2nd Edition provides guidelines to manipulation manual physical therapy examination and treatment procedures of the spine and temporomandibular joint Informed by

evidence based research this text offers detailed instructions for reaching an accurate diagnosis and developing a plan of care Written by well known spinal manipulation expert Kenneth Olson this resource provides the complete information you need to make sound decisions during clinical interventions Descriptions of manual therapy techniques include evidence based coverage of the examination and treatment of spine and TMJ disorders along with discussions of alternative treatment methods and potential adverse effects and contraindications to manipulation Guidelines for completing a comprehensive spinal examination include medical screening the patient interview disability assessment and tests and measures along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care Impairment based manual physical therapy approach includes a review of the evidence to support its use to evaluate and treat spinal and TMJ conditions Case studies demonstrate the clinical reasoning used in manual physical therapy Guide to Physical Therapist Practice terminology is incorporated throughout the book using accepted terms familiar in physical therapy settings Expert author Ken Olson is a highly respected authority on the subject of spinal manipulation in physical therapy A clear consistent format for explaining techniques makes this reference easy to use in the clinical setting NEW Coverage of emerging topics includes soft tissue assessment mobilization dry needling myofascial pain and trigger points thoracic outlet syndrome cervicogenic dizziness and differentiation of headache types plus expanded coverage of examination procedures and psychologically informed management strategies for chronic low back pain 120 NEW video clips are added to the companion website over 200 videos in total provide unique 3 dimensional views of exam and manipulation techniques showing each procedure step by step from frontal lateral and cranial perspectives NEW Full color design and photographs show essential concepts and procedures from multiple angles illustrating hand and body placement and direction of force UPDATED evidence based research provides the latest thinking on manual therapy of the spine *Braddom's Physical Medicine and Rehabilitation* David X. Cifu, MD, 2015-08-20 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

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Kendall's Muscles Vincent M. Conroy, Brian N. Murray, Jr., Quinn T. Alexopoulos, Jordan B. McCreary, 2023-01-06 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

Pedretti's Occupational Therapy - E-Book Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2017-03-10 NEW Coverage of the Occupational Therapy Practice Framework OTPF 3 increases your understanding of the OTPF 3 and its relationship to the practice of occupational therapy with adults who have physical disabilities NEW All new section on the therapeutic use of self which the OTPF lists as the single most important line of intervention occupational therapists can provide NEW Chapter on hospice and palliative care presents the evidence base for hospice and palliative care occupational therapy describes the role of the occupational therapist with this population within the parameters of the third edition of the Occupational Therapy Practice Framework OTPF 3 and recommends clinician self care strategies to support ongoing quality care UPDATED Completely revised Spinal Cord Injury chapter addresses restoration of available musculature self care independent living skills short and long term equipment needs environmental accessibility and educational work and leisure activities It looks at how the occupational therapist offers emotional support and intervention during every phase of the rehabilitation program UPDATED Completely revised chapter on low back pain discusses topics that are critical for the occupational therapist including anatomy client evaluation interventions areas client centered occupational therapy analysis and intervention strategies for frequently impacted occupations UPDATED Revised Special Needs of the Older Adult chapter now utilizes a top down approach starting with wellness and productive aging then moving to occupation and participation in meaningful activity and finally highlighting body functions and structures which have the potential to physiologically decline as a person ages NEW and EXPANDED Additional section in the Orthotics chapter looks at the increasing array of orthotic devices available in today's marketplace such as robot assisted therapy to support the weak upper extremity UPDATED Revised chapters on joint range of motion and evaluation of muscle strength include new full color photos to better illustrate how to perform these key procedures EXPANDED New information in the Burns and Burn Rehabilitation chapter including

expanded discussions on keloid scars silver infused dressings biosynthetic products the reconstructive phase of rehabilitation and patient education UPDATED and EXPANDED Significantly updated chapter on amputations and prosthetics includes the addition of a new threaded case study on Daniel a 19 year old combat engineer in the United States Army who suffered the traumatic amputation of his non dominant left upper extremity below the elbow

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

Examination of Musculoskeletal Injuries Sandra J. Shultz, Peggy A. Houglum, David H. Perrin, 2015-11-10 Examination of Musculoskeletal Injuries Fourth Edition With Web Resource guides current and future athletic trainers and rehabilitation professionals through the examination and evaluation of musculoskeletal injuries both on and off the field The text presents injury examination strategies in on site acute and clinical settings and provides the information on mastering the skills needed for the Board of Certification examination for athletic trainers as determined by the sixth edition of Athletic Training Role Delineation Study Practice Analysis for entry level athletic trainers This updated fourth edition contains foundational information on a wide spectrum of injuries and the appropriate tests for examining and diagnosing them Readers will learn to obtain an accurate injury history from the patient inspect the injury and related areas test motion control palpate both bone and soft tissues and examine function in order to gauge the player's readiness to return to play The fourth edition also includes the following enhancements A new online video library contains more than 51 short video clips that correspond to and demonstrate evaluation techniques for various musculoskeletal disorders found throughout the text Full color photos and medical artwork have been added throughout the text to clarify testing techniques and enhance knowledge of relevant body structures Substantial updates provide the most recent evidence based clinical information An expanded selection of special tests and injury specific examinations are now presented in a more accessible format and include a photo or video description of the purpose patient and clinician positions for the test procedures performed and possible outcomes The content of Examination of Musculoskeletal Injuries Fourth Edition With Web Resource has been restructured and focused to provide applicable

information in a straightforward manner Part I is aimed at entry level students and presents general and introductory skills for each component of injury examination including basic terminology and a breakdown of the examination procedure Each component is then explored in depth along with general purposes and techniques Part I ends by incorporating the various components into a systematic strategy for examination based on severity of injury and environment Part II then applies the principles learned in the previous chapters to the recognition and examination of injuries organized by specific regions of the body Each chapter includes strategies for examination immediately after an injury as well as examinations seen later in a clinical setting To assist student comprehension and knowledge retention key terms are in boldface throughout the text and are defined in the glossary Symbols throughout the text alert students to essential procedures and highlight important information The web resource houses printable tables of special tests examination checklists and forms that students can use in laboratory work and review sessions and a robust video library To aid instructors the text includes a suite of ancillary materials featuring a test package instructor guide and presentation package plus image bank Examination of Musculoskeletal Injuries Fourth Edition With Web Resource is an essential resource for students of athletic training and therapy as well as current practitioners in the field who wish to use evidence based procedures in their clinical practice to ensure safe and accurate diagnoses of injuries

Understanding Stroke Recovery to Improve Outcomes: From Acute Care to Chronic Rehabilitation Adriana Bastos Conforto, Juan Francisco Arenillas, Julie Bernhardt, Andreas R. Luft, Sook-Lei Liew, Tomoko Kitago, 2022-11-09

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

Umphred's Neurological Rehabilitation - E-Book Rolando T. Lazaro, Sandra G. Reina-Guerra, Myla Quiben, 2019-12-05 Selected for Doody's Core Titles 2024 in Physical Medicine and Rehabilitation Develop problem solving strategies for individualized effective neurologic care Under the new leadership of Rolando Lazaro Umphred's Neurological Rehabilitation 7th Edition covers the therapeutic management of people with activity limitations participation restrictions and quality of life issues following a neurological event This comprehensive reference reviews basic theory and addresses the best evidence for evaluation tools and interventions commonly used in today's clinical practice It applies a time tested evidence based approach to neurological rehabilitation that is perfect for both the classroom and the clinic Now fully searchable with additional case studies through

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Matthews Model of Clinical Reasoning Laurie Knis-Matthews, 2023-11-24 The Matthews Model of Clinical Reasoning MMCR provides occupational therapy practitioners with a systematic approach to develop their clinical reasoning skills during the evaluation and intervention process when collaborating with persons served across multiple practice locations The three core constructs of person environment and occupation lay the foundation for practitioners to compartmentalize information from selected evaluations determine relevant intervention priorities implement occupation based intervention plans and interpret successful outcomes This book influenced by these constructs the practice framework and accreditation standards for academic preparedness provides the reader with the foundational information on how to apply the core constructs using a MMCR systematic approach for evaluation and intervention Within the chapters are a variety of instructional methods interviews with practitioners of various levels of experience and case study examples Clinical reasoning guidesheets are presented to assist the reader to follow the MMCR clinical reasoning process in terms of evaluation findings application of frame of reference FOR practice models intervention strategies and documentation Occupational therapy students and practitioners will be provided with the foundational skills to systematically think about and apply the steps of the clinical reasoning process starting with a person s evaluation through the completion of the intervention plan

Fundamentals of Musculoskeletal Assessment Techniques M. Lynn Palmer, Marcia E. Epler, Marcia F. Epler, 1998 Organized by region this text provides the fundamentals of evaluation and examination techniques of the musculoskeletal system Each region begins with step by step instructions for goniometry manual muscle testing muscle length joint accessory motions and special orthopedic

tests Special discussions of posture and gait analysis are also included New in this edition is a chapter on Assessment of Pain The discussion on the Spine has been expanded to three chapters Cervical Thoracolumbar Spine and Sacroiliac Joint Compatibility BlackBerry OS 4 1 or Higher iPhone iPod Touch 2 0 or Higher Palm OS 3 5 or higher Palm Pre Classic Symbian S60 3rd edition Nokia Windows Mobile Pocket PC all versions Windows Mobile Smartphone Windows 98SE 2000 ME XP Vista Tablet PC

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

Documentation for Rehabilitation Lori Quinn, James Gordon, 2015-12-11 Better patient management starts with better documentation Documentation for Rehabilitation A Guide to Clinical Decision Making in Physical Therapy 3rd Edition shows how to accurately document treatment progress and patient outcomes Designed for use by rehabilitation professionals documentation guidelines are easily adaptable to different practice settings and patient populations Realistic examples and practice exercises reinforce concepts and encourage you to apply what you've learned Written by expert physical therapy educators Lori Quinn and James Gordon this book will improve your skills in both documentation and clinical reasoning A practical framework shows how to organize and structure PT records making it easier to document functional outcomes in many practice settings and is based on the International Classification for Functioning Disability and Health ICF model the one adopted by the APTA Coverage of practice settings includes documentation examples in acute care rehabilitation outpatient home care and nursing homes as well as a separate chapter on documentation in pediatric settings Guidelines to systematic documentation describe how to identify record measure and evaluate treatment and therapies especially important when insurance companies require evidence of functional progress in order to provide reimbursement Workbook textbook format uses examples and exercises in each chapter to reinforce your understanding of concepts NEW Standardized Outcome Measures chapter leads to better care and patient management by helping you select the right outcome measures for use in evaluations re evaluations and discharge summaries UPDATED content is based on data from current research federal policies and APTA guidelines including incorporation of new terminology from the Guide to Physical Therapist 3 0 and ICD 10 coding EXPANDED number of case examples covers an

even broader range of clinical practice areas Tachdjian's Pediatric Orthopaedics E-Book John A. Herring, 2013-12-02 Continuing the tradition of excellence that began in 1972 this latest edition of Tachdjian's Pediatric Orthopaedics offers the detailed visual guidance and unmatched expertise you need to effectively diagnose and treat pediatric musculoskeletal disorders Extensive updates offer you the latest knowledge on etiology imaging differential diagnosis and non operative and surgical techniques for a wide range of pediatric orthopaedic conditions delivers the most comprehensive text on this subject Reviewed by Dr Neel Kamal on behalf of BACCH Newsletter March 2015 Access expert guidance on difficult diagnostic and clinical management issues for your most challenging cases Perfect your technique with the visual guidance of nearly 2 500 full color illustrations and 60 videos of pediatric surgical procedures including a number that highlight clinical examination and unusual clinical findings Produce the best possible outcomes using today's most effective approaches for management of severe spinal deformities hip impingement early onset scoliosis and other pediatric musculoskeletal conditions See exactly how to proceed step by step with instructional videos demonstrating repair of bilateral dislocated hips triple arthrodesis for planovalgus foot patellofemoral ligament reconstruction elbow arthroscopy and more Access the full contents online at Expert Consult *Spinal Cord Injury - E-Book* Blessen C. Eapen, David Cifu, 2022-08-13 The only review book currently available in this complex field Spinal Cord Injury Board Review focuses on the prevention diagnosis treatment and management of traumatic and non traumatic spinal cord injuries and dysfunction Focused high yield content prepares you for success on exams and in practice with up to date coverage of related injury assessment and management acute and preventive medical care common complications physical psychological and vocational disabilities and complications all equipping you to work as part of an interdisciplinary team with patients of all ages on a lifelong basis Edited and written by seasoned authors and physicians in PM sexual and reproductive health pressure injuries pain management and nutrition endocrine and immune function in spinal cord injury and dysfunction Covers all aspects of rehabilitation in spinal cord injury medicine including functional assessment exercise and modalities mobility ADLs speech communication and swallowing Ensures efficient effective review with content written by experts in physical medicine and rehabilitation neurology psychiatry and psychology and a format that mirrors the sub specialty board exam outline Contains references to primary literature that support the answers provided *Fieldwork Educator's Guide to Level II Fieldwork* Elizabeth DeJuliis, Debra Hanson, 2024-06-01 A new comprehensive resource for fieldwork educators and academic fieldwork coordinators Fieldwork Educator's Guide to Level II Fieldwork provides a blueprint for designing implementing and managing Level II fieldwork programs for occupational therapy and occupational therapy assistant students across practice settings Drawing from the expertise of renowned individuals in the field Drs Elizabeth D DeJuliis and Debra Hanson provide the tools for fieldwork educators and academic fieldwork coordinators to put together learning frameworks educational theories and clinical instructional techniques within and outside occupational therapy in order to create and maintain high quality Level II

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Muscles, Testing and Function Florence Peterson Kendall, Elizabeth Kendall McCreary, 1983

Adult Physical Conditions Amy J Mahle, Amber L Ward, 2018-04-17

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