MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

	Function of the Muscle		Grade		
	No contractions felt in the muscle	0	0	Zero	
No Movement	Tendon becomes prominent or feeble contraction felt in the muscle, but no visible movement of the part	Т	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	Gradual 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 Chart

Heidi McHugh Pendleton, Winifred Schultz-Krohn

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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 Formerely 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 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 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 I 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 Muscles, Testing and Function Henry Otis Kendall, Florence Peterson Kendall, Gladys Elizabeth Wadsworth, 1971 **Essentials of Orthopaedics & Applied Physiotherapy - E-Book** Prakash P Kotwal, 2016-10-28 Essentials of Orthopaedics Applied Physiotherapy E Book 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 **Kendall's Muscles** Vincent M. Conroy, Brian N. Murray, Jr., Quinn T. Alexopulos, 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

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