

Table 1: Comparison of MMT grades[3]

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

Manual Muscle Testing Physical Therapy

Wenbin Ji



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