

MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

	Function of the Muscle	Grade		
No Movement	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
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	<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 Testing Procedure

Hazel M. Clarkson



Manual Muscle Testing Procedure:

Whispering the Strategies of Language: An Psychological Journey through **Manual Muscle Testing Procedure**

In a digitally-driven earth where screens reign supreme and instant conversation drowns out the subtleties of language, the profound techniques and emotional nuances concealed within words usually move unheard. Yet, situated within the pages of **Manual Muscle Testing Procedure** a charming fictional value pulsating with raw emotions, lies a fantastic journey waiting to be undertaken. Penned by a talented wordsmith, that enchanting opus attracts visitors on an introspective trip, lightly unraveling the veiled truths and profound influence resonating within the very fabric of each word. Within the emotional depths of the emotional evaluation, we can embark upon a heartfelt exploration of the book is key subjects, dissect their charming writing style, and yield to the powerful resonance it evokes strong within the recesses of readers hearts.

<https://staging.conocer.cide.edu/data/scholarship/HomePages/Girl%20Heroes.pdf>

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