

Manual Muscle Testing Grades

Grades	Description
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0	No visible or palpable contraction.
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1	Visible or palpable contraction without motion
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2	Full range of motion, gravity eliminated
---	--

3	Full range of motion against gravity
---	--------------------------------------

4	Full range of motion against gravity, moderate resistance
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5	Full range of motion against gravity, maximal resistance
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Manual Muscle Testing

**Marybeth Brown, Helen Hislop, Dale
Avers**



Manual Muscle Testing:

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