

Manual Muscle Testing for Occupational Therapy

MANUAL MUSCLE TESTING

GRADE	MEANING
5/ NORMAL	HOLD POSITION WITH STRONG RESISTANCE APPLIED
4 / GOOD	MINIMAL LOSS OF POSITION WHEN RESISTANCE APPLIED
4- / GOOD-	FALLS FROM STRAIT POSITION WHEN RESISTANCE APPLIED BUT REMAINS ABOVE MIDLINE OF MOVEMENT
3+ / FAIR +	FALLS BELOW MIDLINE WHEN RESISTANCE APPLIED BUT DOES NOT DROP TO START POSITION OF MOVEMENT
3 / FAIR	INDEPENDENTLY & PERFORMS FULL ARC OF MOVEMENT AGAINST GRAVITY BUT CANNOT TOLERATE ADDITIONAL RESISTANCE
3- / FAIR-	ARC OF MOVEMENT AGAINST GRAVITY ABOVE MIDLINE ONLY
2+ / POOR +	MINIMAL ARC OF MOVEMENT AGAINST GRAVITY, UNABLE TO EXCEED THE MIDLINE OF MOVEMENT
2 / POOR	FULL ARC OF MOVEMENT AGAINST GRAVITY ELIMINATED
2- / POOR -	NO GRAVITY ELIMINATED, ARC OF MOVEMENT BEYOND THE MIDLINE OF THE MOVEMENT BUT LESS THAN FULL
1+ / TRACE +	NO GRAVITY ELIMINATED, ARC OF MOVEMENT BEYOND THE MIDLINE OF THE MOVEMENT BUT LESS THAN FULL
1 / TRACE	VISIBLE OR PALPABLE CONTRACTION, NO JOINT MOTION
0	NOT VISIBLE OR PALPABLE CONTRACTION, NO MOTION

MANUAL MUSCLE TESTING

ORDER OF MMT EVALUATION

PROX -> DISTAL -> GRAVITY ELIMINATED OR RESISTANCE
APPLY RESISTANCE IF FULL ARC OF MOVEMENT AGAINST GRAVITY IS POSSIBLE

INFORMAL ASSESSMENT OF BUE MMT/ROM

1. ASSESS ARC OF SHOULDER FLEXION, IF FULL ARC POSSIBLE. TEST STRENGTH IN BILATERAL SHOULDERS AT 90 DEGREE FLEXION
2. ASSESS ELBOW ROM IN SEATED AND STANDING. TO TEST SYMMETRICAL, ASSESS THEIR ABILITY TO HOLD ELBOW FLEXION AND TO EXTEND AGAINST YOU
3. ASSESS WRIST STRENGTH BY ASKING TO SQUEEZE THUMB OF YOUR FINGERS
4. TEST THEIR ABILITY TO REACH BEHIND THEIR BACK
5. TEST INDEPENDENT THUMB OPPOSITION OF EACH HAND

Manual Therapy Testing

Ian Pickup



Manual Therapy Testing:

Unveiling the Power of Verbal Art: An Emotional Sojourn through **Manual Therapy Testing**

In a global inundated with screens and the cacophony of quick interaction, the profound energy and mental resonance of verbal art frequently fade into obscurity, eclipsed by the constant barrage of noise and distractions. However, nestled within the lyrical pages of **Manual Therapy Testing**, a fascinating perform of fictional splendor that impulses with natural thoughts, lies an unique journey waiting to be embarked upon. Written with a virtuoso wordsmith, that exciting opus books visitors on an emotional odyssey, softly revealing the latent potential and profound influence embedded within the complex web of language. Within the heart-wrenching expanse with this evocative evaluation, we shall embark upon an introspective exploration of the book is key themes, dissect its captivating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

<https://staging.conocer.cide.edu/data/publication/default.aspx/Grade%2010%20Memorandum%20For%20Geography%20November%202014%20Final%20Exam.pdf>

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