

# MANUAL MUSCLE TESTING PROCEDURES

## Key to Muscle Grading

	Function of the Muscle	Grade		
<b>No Movement</b>	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
<b>Test Movement</b>	<b>MOVEMENT IN HORIZONTAL PLANE</b>			
	Moves through partial range of motion	1	2-	Poor-
	Moves through complete range of motion	2	2	Poor
	<b>ANTIGRAVITY POSITION</b>	3	2+	
	Moves through partial range of motion			
<b>Test Position</b>	<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 Test Chart

**Konstantinos Papadopoulos, Mark  
Richardson**



## **Manual Muscle Test Chart:**

**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. Formerly 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. **Daniels and Worthingham's Muscle Testing E-Book** Marybeth Brown, Dale Avers, 2018-06-28 A practical handbook on evaluating muscular strength and function. Daniels and Worthingham's *Muscle Testing: Techniques of Manual Examination and Performance Testing* 10th Edition helps you 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 coverage of alternative strength tests and performance tests for older adults and others with functional decline such as the inactive and obese. The tenth edition also includes coverage of muscle dynamometry and a sampling of ideal exercises. Updated by

educators Dale Avers and Marybeth Brown this classic physical therapy reference once again features a companion website with many new video clips demonstrating the latest muscle testing procedures and alternatives to muscle testing In addition two online only chapters Cranial Nerve and Ready Reference Anatomy have been added 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 500 illustrations clearly show testing sequences muscle anatomy and muscle innervation Chapters on performance testing cover functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings Chapters on manual muscle testing address when to use manual muscle testing the limitations of manual muscle testing and alternatives to manual muscle testing 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 to quickly identify any muscle NEW Content on the muscle dynamometer and muscle dynamometry data introduces you to muscle dynamometry including muscle dynamometer methods and results with each muscle NEW Video clips demonstrate the latest muscle testing techniques and alternative muscle testing procedures in a clinical setting NEW Ideal exercises for selected muscles thoroughly explain procedures based on the literature NEW Additional Video Educational Content box alerts you when videos associated with that chapter are available to view

*Muscles, Testing and Function* Henry Otis Kendall, Florence Peterson Kendall, Gladys Elizabeth Wadsworth, 1971

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*Kendall's Muscles* Vincent M. Conroy, Brian N. Murray Jr., Quinn T. Alexopoulos, Jordan McCreary, 2022-11-23 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

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## **Manual Muscle Test Chart** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Manual Muscle Test Chart**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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