MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

	Function of the Muscle		Grade		
	No contractions felt in the muscle	0	0	Zero	
No Movement	Tendon becomes prominent or feeble contraction felt in the muscle, but no visible movement of the part	Т	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	Gradual release from test position	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	

How To Do Manual Muscle Testing

R Barnett

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Table of Contents How To Do Manual Muscle Testing

- 1. Understanding the eBook How To Do Manual Muscle Testing
 - The Rise of Digital Reading How To Do Manual Muscle Testing
 - Advantages of eBooks Over Traditional Books
- 2. Identifying How To Do Manual Muscle Testing
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an How To Do Manual Muscle Testing
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from How To Do Manual Muscle Testing
 - Personalized Recommendations
 - How To Do Manual Muscle Testing User Reviews and Ratings
 - How To Do Manual Muscle Testing and Bestseller Lists
- 5. Accessing How To Do Manual Muscle Testing Free and Paid eBooks

- How To Do Manual Muscle Testing Public Domain eBooks
- How To Do Manual Muscle Testing eBook Subscription Services
- How To Do Manual Muscle Testing Budget-Friendly Options
- 6. Navigating How To Do Manual Muscle Testing eBook Formats
 - o ePub, PDF, MOBI, and More
 - How To Do Manual Muscle Testing Compatibility with Devices
 - How To Do Manual Muscle Testing Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of How To Do Manual Muscle Testing
 - Highlighting and Note-Taking How To Do Manual Muscle Testing
 - Interactive Elements How To Do Manual Muscle Testing
- 8. Staying Engaged with How To Do Manual Muscle Testing
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers How To Do Manual Muscle Testing
- 9. Balancing eBooks and Physical Books How To Do Manual Muscle Testing
 - Benefits of a Digital Library
 - \circ Creating a Diverse Reading Collection How To Do Manual Muscle Testing
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine How To Do Manual Muscle Testing
 - Setting Reading Goals How To Do Manual Muscle Testing
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of How To Do Manual Muscle Testing
 - Fact-Checking eBook Content of How To Do Manual Muscle Testing
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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