

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	PULL ARC OF MOVEMENT 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, RESIST 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 REGULAR THUMB COMPOSITION OF DIGITS 1-5 ON EACH HAND

Manual Therapy Testing

N Colangelo



Manual Therapy Testing:

Decoding **Manual Therapy Testing**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Manual Therapy Testing**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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