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

PT Brinkman

How To Do Manual Muscle Testing:

Enjoying the Track of Term: An Mental Symphony within How To Do Manual Muscle Testing

In some sort of eaten by monitors and the ceaseless chatter of instantaneous communication, the melodic beauty and emotional symphony created by the published term often fade in to the background, eclipsed by the relentless sound and interruptions that permeate our lives. However, set within the pages of **How To Do Manual Muscle Testing** a wonderful literary treasure brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, that captivating masterpiece conducts readers on a psychological trip, well unraveling the concealed tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of the emotional assessment, we will explore the book is key harmonies, analyze their enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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