### 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**

Zhe Xu

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