

MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

	Function of the Muscle	Grade		
No Movement	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
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	<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 Testing Uses

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Manual Muscle Testing Uses:

Whispering the Techniques of Language: An Mental Quest through **Manual Muscle Testing Uses**

In a digitally-driven earth where displays reign supreme and instant transmission drowns out the subtleties of language, the profound secrets and emotional nuances hidden within words frequently get unheard. However, set within the pages of **Manual Muscle Testing Uses** a fascinating fictional prize pulsating with natural emotions, lies an extraordinary journey waiting to be undertaken. Composed by a skilled wordsmith, this enchanting opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the cloth of each word. Within the psychological depths of this moving review, we will embark upon a honest exploration of the book is primary themes, dissect its interesting writing type, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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