

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

How To Do Manual Muscle Testing

Gerard A. Malanga, Scott Nadler



How To Do Manual Muscle Testing:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **How To Do Manual Muscle Testing**

In a world inundated with displays and the cacophony of immediate conversation, the profound energy and psychological resonance of verbal beauty usually disappear into obscurity, eclipsed by the constant onslaught of sound and distractions. Yet, situated within the musical pages of **How To Do Manual Muscle Testing**, a charming perform of fictional elegance that pulses with fresh thoughts, lies an unique trip waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus guides visitors on a mental odyssey, lightly revealing the latent potential and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect its fascinating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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