MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

	Function of the Muscle		Grade		
No	No contractions felt in the muscle	0	0	Zero	
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	

Manual Muscle Testing Procedure

Ensheng Dong

Manual Muscle Testing Procedure:

Whispering the Techniques of Language: An Emotional Journey through Manual Muscle Testing Procedure

In a digitally-driven earth wherever monitors reign great and instant conversation drowns out the subtleties of language, the profound secrets and psychological nuances concealed within words often go unheard. However, situated within the pages of **Manual Muscle Testing Procedure** a fascinating literary treasure blinking with fresh thoughts, lies an extraordinary quest waiting to be undertaken. Written by a skilled wordsmith, that charming opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the cloth of each word. Within the emotional depths of this touching review, we will embark upon a sincere exploration of the book is core subjects, dissect their charming writing type, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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