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so many fake sites. this is the first one which worked! Many thanks

Table 1. Manual Muscle Test Scores^a

Score	Description
0	No palpable or observable muscle contraction
1	Palpable or observable contraction, but no motion
1+	Moves limb without gravity loading less than one half available ROM ^b
2-	Moves without gravity loading more than one half ROM ^b
2	Moves without gravity loading over the full ROM ^b
2+	Moves against gravity less than one-half ROM ^b
3-	Moves against gravity greater than one-half ROM ^b
3	Moves against gravity less over the full ROM ^b
3+	Moves against gravity and moderate resistance less than one-half ROM ^b
4-	Moves against gravity and moderate resistance more than one-half ROM ^b
4	Moves against gravity and moderate resistance over the full ROM ^b
5	Moves against gravity and maximal resistance over the full ROM ^b

^aAdapted from Ref. 2

^bROM = range of motion.

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