

# Download File PDF Manual Muscle Testing Chart

#Jenny



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Cool! I'am really happy

#Markus Jensen



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#Diego Butler



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

## 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	1	1	Trace
MOVEMENT IN HORIZONTAL PLANE				
Test Movement	Moves through partial range of motion	1	2-	Poor-
	Moves through complete range of motion	2	2	Poor
	ANTIGRAVITY POSITION			
	Moves through partial range of motion	3	2+	
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

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