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## Definition

- ▶ Manual Muscle Testing (MMT) is a procedure for the evaluation of the function and strength of individual muscles and muscles group based on effective performance of a movement in relation to the forces of gravity and manual resistance through the available ROM.
- ▶ This procedure depends on the **knowledge, skill, And experience of the examiner.**
- ▶ Muscle testing is an integral part of physical examination. It provides information, not obtained by other procedures, that is useful in differential diagnosis, prognosis and treatment of neuromuscular and musculoskeletal disorders

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