

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

Manual Muscle Testing Grades

KJ Lindholm-Leary



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Table of Contents Manual Muscle Testing Grades

1. Understanding the eBook Manual Muscle Testing Grades
 - The Rise of Digital Reading Manual Muscle Testing Grades
 - Advantages of eBooks Over Traditional Books
2. Identifying Manual Muscle Testing Grades
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Manual Muscle Testing Grades
 - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Muscle Testing Grades

- Personalized Recommendations
- Manual Muscle Testing Grades User Reviews and Ratings
- Manual Muscle Testing Grades and Bestseller Lists
- 5. Accessing Manual Muscle Testing Grades Free and Paid eBooks
 - Manual Muscle Testing Grades Public Domain eBooks
 - Manual Muscle Testing Grades eBook Subscription Services
 - Manual Muscle Testing Grades Budget-Friendly Options
- 6. Navigating Manual Muscle Testing Grades eBook Formats
 - ePub, PDF, MOBI, and More
 - Manual Muscle Testing Grades Compatibility with Devices
 - Manual Muscle Testing Grades Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Manual Muscle Testing Grades
 - Highlighting and Note-Taking Manual Muscle Testing Grades
 - Interactive Elements Manual Muscle Testing Grades
- 8. Staying Engaged with Manual Muscle Testing Grades
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Manual Muscle Testing Grades
- 9. Balancing eBooks and Physical Books Manual Muscle Testing Grades
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Manual Muscle Testing Grades
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Manual Muscle Testing Grades
 - Setting Reading Goals Manual Muscle Testing Grades
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Manual Muscle Testing Grades

- Fact-Checking eBook Content of Manual Muscle Testing Grades
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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