

Table 2

Manual Muscle Test Grading					
Description	Abbreviation	Number	Gravity	ROM	Resistance
Normal	N	5/5	against	full	Maximum
Good	G	4/5	against	full	Moderate
Good Minus	G-	4-/5	against	full	Less than Mod. Slight/Min "Breaks with resistance"
Fair Plus	F+	3+/5	against	full	
Fair	F+	3/5	against	full < full; more than 50% <50%	None
Fair Minus	F-	3-/5	against		None
Poor Plus	P+	2+/5	against		None
Poor Plus	P+	2+/5	eliminated	full	Minimal & then "breaks"
Poor	P	2/5	eliminated	full	None
Poor Minus	P-	2-/5	eliminated	< full	None
Trace	T	1/5			
Zero	0	0/5			

Manual Muscle Testing Physical Therapy

Helen J. Hislop, Jacqueline Montgomery



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