# **Manual Muscle Testing Tool**

#### **Patient Information**

| 32<br>Nge:          | Gender:   | Female    | Date of Testing: | 03/20/2023 |
|---------------------|-----------|-----------|------------------|------------|
| Dr. Smith           |           |           | Date of Teating. |            |
|                     | or medica | l history |                  |            |
| Nor                 | ne        |           |                  |            |
| televant Diagnoses: | Non       | 0         |                  |            |

Note: Each muscle is graded on a scale of 0 to 5, where 0 represents no muscle contraction, and 5 represents full muscle strength against maximum resistance.

| Muscle Group                  | LEFT<br>Side | RIGHT  | Testing Procedure   |  |
|-------------------------------|--------------|--|---|--|
| Neck Flexors                  | 4/5          | 4/5  | Patient supine, head and neck unsupported, actively flexes neck white therapist applies resistance to forehead.                   |  |
| Neck Extensors                | 4/5          | 4/5  | Patient prone, head and neck unsupported, actively extends neck whitherapist applies resistance to occiput.                       |  |
| Shoulder Flexors              | 5/5          | 5/5  | Patient seated, elbow extended, arm supinated; patient lifts arm forwar and upward while therapist applies resistance.            |  |
| Shoulder Extensors            | 5/5          | 5/5  | Patient seated, elbow extended, arm pronated; patient moves arm backward and downward while therapist applies resistance.         |  |
| Shoulder Abductors            | 4/5          | 4/5  | Patient seated, elbow extended, arm neutral; patient lifts arm sideways and upward while therapist applies resistance.            |  |
| Shoulder External<br>Rotators | 4/5          | 4/5  | Patient seated, elbow flexed at 90 degrees, forearm pronated; patient rotates forearm outward while therapist applies resistance. |  |
| Shoulder Internal<br>Rotators | 4/5          | 4/5  | Patient seated, elbow flexed at 90 degrees, forearm supinated; patient rotates forearm inward while therapist applies resistance. |  |
| Elbow Flexors                 | 5/5          | 5/5  | Patient seated, forearm supinated; patient bends elbow while therapist applies resistance to distal forearm.                      |  |
| Elbow Extensors               | 5/5          | 5/5  | Patient seated, forearm supinated; patient straightens elbow while therapist applies resistance to distal forearm.                |  |
| Wrist Flexors                 | 5/5          | 5/5  | Patient seated, forearm supported, wrist in neutral; patient flexes wrist while therapist applies resistance to dorsum of hand.   |  |
| Wrist Extensors               | 5 /5         | Patient seated, forearm supported, wrist in neutral: patient extends w while therapist applies resistance to palm. |   |  |

# **Manual Musle Testing**

Nancy C. Cutter, Charles George Kevorkian

#### **Manual Musle Testing:**

Muscle and Sensory Testing Nancy Berryman Reese, 1999 Introducing the first text to combine muscle and sensory testing with a step by step procedure approach Offers convenient access to sections covering neurological screening examinations gravity resisted testing gravity eliminated testing and alternative testing Also contains detailed instructions on Daniels and Worthingham's Muscle Testing - E-Book Marybeth Brown, Helen Hislop, Dale Avers, 2013-01-25 A practical handbook on evaluating muscular strength and function Daniels and Worthingham's Muscle Testing Techniques of Manual Examination and Performance Testing 9th Edition makes it easy to understand and master procedures in manual muscle testing and performance testing Clear illustrated instructions provide a guide to patient positioning direction of motion and direction of resistance In addition to muscle testing of normal individuals and others with weakness or paralysis this edition includes new coverage of alternative strength tests and performance tests for older adults and others with functional decline such as the inactive and obese Written by educators Helen I Hislop Dale Avers and Marybeth Brown this classic physical therapy reference now features an Evolve companion website with video clips demonstrating key muscle testing techniques Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures allowing you to assess deficits in strength balance and range of motion More than 600 illustrations clearly show testing sequences muscle anatomy and muscle innervation Video clips of over 100 muscle tests on the Evolve companion website demonstrate the art and technique of muscle testing in a clinical setting Details of muscle anatomy and innervation help in linking muscle topography with function Helpful Hints and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy in testing A constant reference number clearly identifies each muscle in the body indexed in the Alphabetical List of Muscles by Region as well as in the Ready Reference Anatomy Manual on Evolve to speed cross referencing and help you quickly identify any muscle NEW chapters on performance testing cover functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings NEW chapters on manual muscle testing address when to use manual muscle testing the limitations of manual muscle testing and alternatives to manual muscle testing UPDATED references for each chapter include the most current evidence based information NEW An Evolve companion website helps you hone your manual testing skills with video clips of over 100 muscle tests and with the Ready Reference Anatomy Guide

Handbook of Manual Muscle Testing Nancy C. Cutter, Charles George Kevorkian, 1999 Manual muscle testing is a cornerstone activity in physical and occupational therapy Each spread is packed with information and contains a picture of the muscle test — Principles of Goniometry and Manual Muscle Testing Abigail Shelley, 2026-03-13 An in depth visual guide to manual muscle testing Principles of Goniometry and Manual Muscle Testing With HKPropel Online Video combines manual muscle testing and joint range of motion measurement in a single resource to mimic how a clinician would practically work

through a complete patient assessment Anatomy springs to life with detailed medical illustrations of muscles bones and ligaments making complex concepts easy to visualize and apply to the specific regions being targeted Mastery of manual muscle testing and joint range of motion measurement is a key competency for a practitioner and this text supports students in applying tests safely efficiently and effectively in clinical practice Each chapter features user friendly muscle tables outlining normative range of joint motion muscle attachments innervation and vascular supply For every range of motion and manual muscle test full color visuals show the targeted muscle and its bony attachments along with step by step instructions using goniometers tape measures and inclinometers Alternative testing positions are included to accommodate diverse patient needs and clinical scenarios Clinical tips are provided throughout the book giving students the opportunity to learn from an experienced clinician Tips include modified positions stabilizing techniques and compensations most likely to be observed and how to prevent them from happening This highly visual text is packed full of medical illustrations and photographs and related online videos that further support clinical skill development are delivered through HKPropel Every manual muscle test in the book has an accompanying video that demonstrates the test allowing the learner to hear cues given to a patient by a seasoned clinician Serving as a bridge to practice Principles of Goniometry and Manual Muscle Testing empowers students to develop proficiency in essential evidence based assessment techniques that form the cornerstone of rehabilitative care Note A code for accessing HKPropel online videos is not included with this ebook but may be purchased separately Manual Muscle Testing Lawrence M. Peters, 1986-01-01 **Muscle Function Testing - A** Visual Guide Karin Wieben, Bernd Falkenberg, 2015-05-13 A practical guide to manual muscle function testing This beautifully illustrated pocket atlas provides physical therapists occupational therapists sports therapists and students with practical guidelines and guick tests for evaluating gross motor function throughout the body The tests in this manual are particularly suitable for analyzing isolated muscle deficits and evaluating other testing methods When used as a regular part of the physical therapy routine manual muscle testing provides valuable information on individual treatment needs enables the therapist to monitor progress and modify procedures and allows the patient to see the results for themselves Key features Almost 200 high quality color photographs and illustrations help demonstrate each step in the testing process Quick tests for evaluating overall muscle function followed by detailed guidelines for testing muscle function in the head and face spine and upper lower extremities Detailed introductory chapter on the foundations and anatomical basis of muscle testing Clear descriptions of clinical symptoms for each muscle group plus examples from practice Online access to assessment forms on Thieme's MediaCenter Test questions and answers for self study This book is a valuable resource for all PT practitioners and students that will enrich their practice and help them to successfully evaluate and treat patients suffering from muscle related injuries Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and **Performance Testing, 9e** Helen Hislop, 2013-09-01 A practical handbook on evaluating muscular strength and function

Daniels and Worthingham's Muscle Testing Techniques of Manual Examination and Performance Testing 9th Edition makes it easy to understand and master procedures in manual muscle testing and performance testing Clear illustrated instructions provide a guide to patient positioning direction of motion and direction of resistance In addition to muscle testing of normal individuals and others with weakness or paralysis this edition includes new coverage of alternative strength tests and performance tests for older adults and others with functional decline such as the inactive and obese Written by educators Helen I Hislop Dale Avers and Marybeth Brown this classic physical therapy reference now features an Evolve companion website with video clips demonstrating key muscle testing techniques Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures allowing you to assess deficits in strength balance and range of motion More than 600 illustrations clearly show testing sequences muscle anatomy and muscle innervation Video clips of over 100 muscle tests on the Evolve companion website demonstrate the art and technique of muscle testing in a clinical setting Details of muscle anatomy and innervation help in linking muscle topography with function Helpful Hints and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy in testing A constant reference number clearly identifies each muscle in the body indexed in the Alphabetical List of Muscles by Region as well as in the Ready Reference Anatomy Manual on Evolve to speed cross referencing and help you quickly identify any muscle <u>Cram Session in Manual Muscle Testing</u> Lynn Van Ost, 2024-06-01 When all you need is a basic understanding of manual muscle testing When concise and illustrative examples of manual muscle testing techniques will provide exactly what the rehabilitation professional needs look to Cram Session in Manual Muscle Testing A Handbook for Students Clinicians for quick and at your fingertips facts Cram Session in Manual Muscle Testing A Handbook for Students Clinicians by Lynn Van Ost is a succinct and descriptive quick reference that provides the rehabilitation professional with a very basic approach to various manual muscle techniques Organized in a head to toe format Cram Session in Manual Muscle Testing A Handbook for Students Clinicians takes user friendly and efficient learning to a new level What is in your Cram Session Photographs depicting each manual muscle testing technique Breakdown of each body region covered Sections include average range of motion prime movers accessory muscles patient positioning muscle grading for each movement and substitutions Over 200 photographs Cram Session in Manual Muscle Testing A Handbook for Students Clinicians is an informative well organized handbook for all students and clinicians in physical therapy occupational therapy athletic training orthopedics or any allied health professional who treats musculoskeletal disorders Manual Muscle Testing Marcia Epler, Susan Wainwright, 2000-01-17 Now you can learn and review manual muscle testing in a new way with this highly interactive CD ROM See a variety of approaches and observe the assessment of strength as the different techniques are demonstrated right in front of you Maximize study time by focusing on information in a way that best meets your personal learning style and goals With the use of audio text and video you can access multiple methods of manual

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Manual Muscle Testing Adele J. B. Colthurst, Kathryn A. Falconer, 1969 Muscles in Action Joan H. Cole, Anne L. Furness, Lance T. Twomey, 1988 This work is designed to offer students in a variety of disciplines a structured introduction to the evaluation of strength and function of the muscles of the human body and to be an easy reference for the clinician in Muscle Testing Earle Abrahamson, Jane Langston, 2020-02-10 Muscle testing A Concise Manual practical situations provides a reference for understanding how structure relates to function and how by knowing function we can learn structural configurations The book summarises the key anatomical facts and figures give methods for muscle testing by several techniques and provides clinically useful information to supplement the tests **NeuroKinetic Therapy** David Weinstock, 2012-06-05 Neuro Kinetic Therapy is based on the premise that when an injury has occurred certain muscles shut down or become inhibited forcing other muscles to become overworked This compensation pattern can create pain or tightness By applying light pressure that the client then resists the practitioner can evaluate the strength or weakness of each muscle revealing the sources of injury and retraining the client's body to remove the compensation patterns reprogramming the body at the neural level This easy to follow practitioner s manual presents a series of muscle tests specially designed to uncover and resolve compensation patterns in the body Author David Weinstock begins by explaining how this approach stimulates the body and mind to resolve pain Organized anatomically each section of the book includes clear photographs demonstrating correct positioning of the muscle accompanied by concise explanations and instructions Labeled anatomical illustrations appear at the end of each section showing the relationships between the muscles and muscle groups This essential resource is especially useful for physical therapists chiropractors orthopedists and massage therapists looking for new ways to treat underlying causes of pain 2005, Manual Muscle Testing Daniels and Worthingham's Muscle Testing Dale Avers, Marybeth Brown, 2019 A practical handbook on evaluating muscular strength and function Daniels and Worthingham's Muscle Testing Techniques of Manual Examination and Performance Testing 10th Edition helps you to understand and master procedures in manual muscle testing and performance testing Clear illustrated instructions provide a guide to patient positioning direction of motion and direction of resistance In addition to muscle testing of normal

individuals and others with weakness or paralysis this edition includes coverage of alternative strength tests and performance tests for older adults and others with functional decline such as the inactive and obese The tenth edition also includes coverage of muscle dynamometry and a sampling of ideal exercises Updated by educators Dale Avers and Marybeth Brown this classic physical therapy reference once again features a companion website with many new video clips demonstrating the latest muscle testing procedures and alternatives to muscle testing In addition two online only chapters Cranial Nerve and Ready Reference Anatomy have been added Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures allowing you to assess deficits in strength balance and range of motion More than 500 illustrations clearly show testing sequences muscle anatomy and muscle innervation Chapters on performance testing cover functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings Chapters on manual muscle testing address when to use manual muscle testing the limitations of manual muscle testing and alternatives to manual muscle testing Details of muscle anatomy and innervation help in linking muscle topography with function Helpful Hints and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy in testing A constant reference number clearly identifies each muscle in the body indexed in the Alphabetical List of Muscles by Region as well as in the Ready Reference Anatomy Manual on Evolve to speed cross referencing and help you to quickly identify any muscle NEW Content on the muscle dynamometer and muscle dynamometry data introduces you to muscle dynamometry including muscle dynamometer methods and results with each muscle NEW Video clips demonstrate the latest muscle testing techniques and alternative muscle testing procedures in a clinical setting NEW Ideal exercises for selected muscles thoroughly explain procedures based on the literature NEW Additional Video Educational Content box alerts you when videos associated with that chapter Muscle and Sensory Testing - E-Book Nancy Berryman Reese, 2011-09-02 If you want to excel in the are available to view physical therapy field you ll need to first master the art of manual muscle testing Written by a well known PT expert Muscle and Sensory Testing 3rd Edition provides you with everything you need to effectively perform manual muscle and sensory tests all in one well organized easy to follow resource Chapters include an overview of muscle strength assessment and detail precise anatomic testing techniques for upper extremities lower extremities and head neck and trunk functional muscle tests tests for mental status cranial nerves and superficial reflexes and use of observational gait analysis as a screening tool Photographs of testing procedures line drawings of various innervations and video clips showing manual muscle testing procedures augment your understanding of this important skill area UNIQUE Video clips on the companion Evolve website showcase techniques involving muscle tests handheld dynamometry sensory and neurologic testing clinician and patient positioning and force application Chapter 6 Techniques of Pediatric Muscle Testing covers the different techniques for manual infant muscle testing that help determine prognosis and treatment Consistent chapter layout and organization by

joint and muscle system allow you to quickly and easily locate the information you need Instructions for performing hand held dynamometry of major trunk and extremity muscles are clear and concise to ease your comprehension Chapter on functional muscle testing demonstrates positioning examiner instructions and expected response for patients of all ages Detailed neurologic exam instructions with photos help you perform accurate screening and interpret exam results Coverage of techniques such as gravity resisted testing and gravity eliminated testing clearly shows you how to perform alternative methods of manual muscle testing Hundreds of photos and illustrations demonstrate various techniques and landmarks to give you a clear understanding of positioning stabilization and common substitutions Clinical notes highlight useful information about particular symptoms or conditions that you may encounter in practice Case vignettes challenge you to apply your knowledge to real world situations and think creatively about clinical problems Overview of normal gait cycle serves as a resource for identifying gait deviations and associated muscle weaknesses Evaluation of current research methods addresses the validity reliability and limitations of muscle testing techniques Companion Evolve website contains additional up to date information on this topic such as pediatric data on the hand held dynamometer Peterson Kendall, Elizabeth Kendall McCreary, Patricia Geise Provance, 2010-06-15 This renowned classic provides unparalleled coverage of manual muscle testing plus evaluation and treatment of faulty and painful postural conditions The thoroughly updated Fifth Edition is completely reorganized and has new expanded treatment and exercise sections in each chapter Other features include a new section on post polio syndrome additional case studies comparing Guillain Barre to polio muscle tests a new full color design and a first of its kind chart of upper extremity articulations A bonus Primal Anatomy CD ROM contains a three dimensional interactive model of the human body Students can rotate the model and add or subtract layers of anatomy to strengthen their knowledge **Cram Session in Goniometry and Manual Muscle** Testing Lynn Van Ost, Jenna Morogiello, 2024-06-01 Newly updated Cram Session in Goniometry and Manual Muscle Testing A Handbook for Students Clinicians Second Edition is a descriptive quick reference guide for rehabilitation professionals organized in a head to toe format including more than 400 photographs and supplemented with concise and illustrative examples of various techniques. The new edition of this text maintains the original essence of the first edition while touching upon updated information to speak to new clinicians Minor revisions such as adding color to the headers and to the sections allow the reader easier access to the topics An expanded appendix and up to date content touch on newer technology being used and developed in these areas of clinical evaluation What is in your Cram Session In the Goniometry section subdivisions are broken down into type of joint capsular pattern average range of motion for each movement patient positioning goniometric alignment patient substitutions and alternative methods of measurement In the Manual Muscle Testing section subdivisions are broken into the specific movement to be tested average range of motion prime movers of the movement secondary movers of the movement anti gravity patient position gravity minimized patient position stabilization and grades

substitutions for the movement and points of interest for that particular muscle group Cram Session in Goniometry and Manual Muscle Testing A Handbook for Students Clinicians Second Edition is an informative well organized handbook for all students instructors and clinicians in physical therapy occupational therapy athletic training orthopedics or any allied health professional who treats musculoskeletal disorders **Manual Muscle Testing for the Upper Extremity** Charlet Knox Quay, Janet E. Decker, 1978 *Manual Muscle Testing*, 2007

The Top Books of the Year Manual Musle Testing The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have enthralled audiences this year. The Must-Read: Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Manual Musle Testing: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a guiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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