



Manual Muscle Testing



Gravity	Number Grade	Letter Grade	Definition
Against	5	Normal (N)	Full ROM against gravity with max resistance
Against	4+	Good plus (G+)	Full ROM against gravity less than max resistance but less mod resistance
Against	4	Good (G)	Full ROM against gravity with mod resistance
Against	4-	Good minus (G-)	Full ROM against gravity less than mod resistance
Against	3+	Fair plus (F+)	Full ROM against gravity with min resistance
Against	3	Fair (F)	Partial full ROM against gravity with no resistance
Against	3-	Fair minus (F-)	Less than full ROM against gravity (more than 50%)
Against	2+	Poor plus (P+)	Full ROM on gravity-eliminated plane with minimal resistance
Eliminated	2	Poor (P)	Full ROM on gravity-eliminate plane with no resistance
Eliminated	2-	Poor minus (P-)	Less than full range of motion on gravity-eliminated plane
Eliminated	1	Trace	Contraction when palpated
Eliminated	0	Zero (0)	No tension or contraction when palpated

Manual Muscle Test Definition

Zhe Xu



Manual Muscle Test Definition:

Manual Muscle Test Definition Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Manual Muscle Test Definition**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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Manual Muscle Test Definition Introduction

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