

# MANUAL MUSCLE TESTING PROCEDURES

## Key to Muscle Grading

	Function of the Muscle	Grade		
<b>No Movement</b>	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
<b>Test Movement</b>	<b>MOVEMENT IN HORIZONTAL PLANE</b>			
	Moves through partial range of motion	1	2-	Poor-
	Moves through complete range of motion	2	2	Poor
	<b>ANTIGRAVITY POSITION</b>	3	2+	
	Moves through partial range of motion			
<b>Test Position</b>	<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 Chart

**Michael Curtin, Mary Egan, Jo Adams**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.



## **Manual Muscle Testing Chart:**

Essentials Of Orthopaedics & Applied Physiotherapy Jayant Joshi, 1999 Orthopaedic Physiotherapy is one of the major specialties of the art and the science of physiotherapy. It plays a vital role in the rehabilitation of the physically handicapped. There are a large number of books on orthopaedics and physiotherapy but they all deal with these subjects as a separate entity. There is not even a single book that provides the overall picture of the total therapeutic management. This book the first of its kind fills the gap. About the Author: Vijaya D Joshi MD Professor Head Terna Medical College Nerul Navi Mumbai. Formerly Professor of Physiology Seth G S Medical College Parel Mumbai India. *Daniels and Worthingham's Muscle Testing E-Book* Marybeth Brown, Dale Avers, 2018-06-28. 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



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Testing Helen J. Hislop, Jacqueline Montgomery, 1995 This sixth edition of Daniels and Worthingham's Muscle Testing represents a major departure from the earlier editions The authors are new The content has new sections on testing infants patients with upper motor neuron diseases and the respiratory muscles and expanded sections on neck and bulbar testing The text also includes a synopsis of muscle anatomy and muscle innervation so that readers particularly students can readily refresh their memories about the details of muscle topography and function This book is a handbook of manual evaluation of muscular strength and is not intended for use as a comprehensive text for rationale and variations on such testing The ultimate message of this book is that here are tried and true methods for assessing and grading skeletal muscle function Also to assist the reader each muscle has been given a constant reference number to speed cross referencing and to locate details of any given muscle quickly in Chapter 9 Ready Reference

**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 hand held dynamometry

*Braddom's Physical Medicine and Rehabilitation* David X. Cifu, MD, 2015-08-20 The most trusted resource for physiatry knowledge and techniques Braddom's Physical Medicine and Rehabilitation remains an essential guide for the entire rehabilitation team With proven science and comprehensive guidance this medical reference book addresses a range of topics to offer every patient maximum pain relief and optimal return to function In depth coverage of the indications for and limitations of axial and peripheral joints through therapies enables mastery of these techniques Optimize the use of ultrasound in diagnosis and treatment A chapter covering PM R in the international community serves to broaden your perspective in the field Detailed illustrations allow you to gain a clear visual understanding of important concepts New lead editor Dr David Cifu was selected by Dr Randall Braddom to retain a consistent and readable format Additional new authors and editors provide a fresh perspective to this edition Features comprehensive coverage of the treatment of concussions and military amputees Includes brand new information on rehabilitating wounded military personnel the latest injection techniques speech swallowing disorders head injury rehabilitation and the rehabilitation of chronic diseases New chapters on pelvic floor disorders and sensory impairments keep you at the forefront of the field Reader friendly design features an updated table of contents and improved chapter approach for an enhanced user experience Expert Consult eBook version included with purchase This enhanced eBook experience gives access to the text figures over 2 500 references 51 videos and 750 self assessment questions on a variety of devices

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*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

**Muscle Testing** Lucille Daniels, Catherine Worthingham, 1972

**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 practical situations

**Pedretti's Occupational Therapy - E-Book** Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2017-03-10 NEW Coverage of the Occupational Therapy Practice Framework OTPF 3 increases your understanding of the OTPF 3 and its relationship to the practice of occupational therapy with adults who have physical disabilities NEW All new section on the therapeutic use of self which the OTPF lists as the single most important line of intervention occupational therapists can provide NEW Chapter on hospice and palliative care presents the evidence base for hospice and palliative care occupational therapy describes the role of the occupational therapist with this population within the parameters of the third edition of the Occupational Therapy Practice Framework OTPF 3 and recommends clinician self care strategies to support ongoing quality care UPDATED Completely revised Spinal Cord Injury chapter addresses restoration of available musculature self care independent living skills short and long term equipment needs environmental accessibility and educational work and leisure activities It looks at how the occupational therapist offers emotional support and intervention during every phase of the rehabilitation program UPDATED Completely revised chapter on low back pain discusses topics that are critical for the occupational therapist including anatomy client evaluation interventions areas client centered occupational therapy analysis and intervention strategies for frequently impacted occupations UPDATED Revised Special Needs of the Older Adult chapter now utilizes a top down approach starting with wellness and productive aging then moving to occupation and participation in meaningful activity and finally



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## Unveiling the Power of Verbal Art: An Emotional Sojourn through **Manual Muscle Testing Chart**

In a world inundated with screens and the cacophony of fast connection, the profound energy and emotional resonance of verbal art usually fade in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, located within the musical pages of **Manual Muscle Testing Chart**, a fascinating work of literary elegance that pulses with raw thoughts, lies an remarkable journey waiting to be embarked upon. Published by a virtuoso wordsmith, this mesmerizing opus courses viewers on a mental odyssey, gently exposing the latent potential and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key styles, dissect its interesting writing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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