

Manual Muscle Testing Tool

Patient Information

Name: Emily Jones

Age: 32 Gender: Female Date of Testing: 03/20/2023

Therapist: Dr. Smith

Medical History: No major medical history

Relevant Diagnoses: None

Precautions/Contraindications: None

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 Side	RIGHT Side	Testing Procedure
Neck Flexors	4 ____ /5	4 ____ /5	Patient supine, head and neck unsupported, actively flexes neck while therapist applies resistance to forehead.
Neck Extensors	4 ____ /5	4 ____ /5	Patient prone, head and neck unsupported, actively extends neck while therapist applies resistance to occiput.
Shoulder Flexors	5 ____ /5	5 ____ /5	Patient seated, elbow extended, arm supinated; patient lifts arm forward 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 Rotators	4 ____ /5	4 ____ /5	Patient seated, elbow flexed at 90 degrees, forearm pronated; patient rotates forearm outward while therapist applies resistance.
Shoulder Internal 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	5 ____ /5	Patient seated, forearm supported, wrist in neutral; patient extends wrist while therapist applies resistance to palm.

Manual Muscle Testing

J Elliott



Manual Musle Testing:

Embracing the Melody of Expression: An Mental Symphony within **Manual Musle Testing**

In some sort of consumed by screens and the ceaseless chatter of instant conversation, the melodic elegance and psychological symphony developed by the written term usually disappear in to the back ground, eclipsed by the constant noise and distractions that permeate our lives. But, situated within the pages of **Manual Musle Testing** a marvelous literary prize full of raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this interesting masterpiece conducts visitors on a psychological trip, well unraveling the concealed tunes and profound impact resonating within each carefully constructed phrase. Within the depths of this emotional examination, we can discover the book is main harmonies, analyze their enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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