

MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

	Function of the Muscle	Grade		
No Movement	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
Test Movement	MOVEMENT IN HORIZONTAL PLANE			
	Moves through partial range of motion	1	2-	Poor-
	Moves through complete range of motion	2	2	Poor
	ANTIGRAVITY POSITION			
	Moves through partial range of motion	3	2+	
Test Position	Gradual release from test position	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

Patrick Vollmar



Manual Muscle Testing:

Whispering the Techniques of Language: An Emotional Journey through **Manual Muscle Testing**

In a digitally-driven earth where monitors reign great and instant communication drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within phrases usually go unheard. Yet, located within the pages of **Manual Muscle Testing** a fascinating literary prize pulsing with organic feelings, lies an exceptional journey waiting to be undertaken. Penned by a skilled wordsmith, that wonderful opus encourages viewers on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the material of every word. Within the emotional depths of this moving evaluation, we can embark upon a genuine exploration of the book's core styles, dissect its fascinating writing model, and fail to the effective resonance it evokes strong within the recesses of readers' hearts.

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