



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 System

B Lingard



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