

# 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>			
	Moves through partial range of motion	3	2+	
<b>Test Position</b>	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 Grades

**Michelle Menard, Gretchen  
Peterson, Elizabeth Spadafora, Kerry  
Spinale**

## **Manual Muscle Grades:**

Manual Muscle Tests for Grading the Lower Extremities in Infants as Related to Child Development Studies Lois LaRue Bradley,1965     **Daniels and Worthingham's Muscle Testing - E-Book** Marybeth Brown,Helen Hislop,Dale Avers,2013-01-25 A practical handbook on evaluating muscular strength and function Daniels and Worthingham s Muscle Testing Techniques of Manual Examination and Performance Testing 9th Edition makes it easy 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 new coverage of alternative strength tests and performance tests for older adults and others with functional decline such as the inactive and obese Written by educators Helen J Hislop Dale Avers and Marybeth Brown this classic physical therapy reference now features an Evolve companion website with video clips demonstrating key muscle testing techniques 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 600 illustrations clearly show testing sequences muscle anatomy and muscle innervation Video clips of over 100 muscle tests on the Evolve companion website demonstrate the art and technique of muscle testing in a clinical setting 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 quickly identify any muscle NEW chapters on performance testing cover functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings NEW chapters on manual muscle testing address when to use manual muscle testing the limitations of manual muscle testing and alternatives to manual muscle testing UPDATED references for each chapter include the most current evidence based information NEW An Evolve companion website helps you hone your manual testing skills with video clips of over 100 muscle tests and with the Ready Reference Anatomy Guide

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     **Management of Spinal Cord Injuries** Lisa Harvey,2007-12-27 Combining 25 years of clinical research and teaching experience Dr Lisa Harvey provides an innovative 5 step approach to the physiotherapy management of people with spinal cord injury Based on the International Classification of Functioning this approach emphasises the importance of setting goals which are purposeful and meaningful to the patient These goals are related to performance of motor tasks analysed in terms of 6 key impairments The assessment and treatment performance of each of these impairments for people

with spinal cord injury is described in the following chapters training motor tasks strength training contracture management pain management respiratory management cardiovascular fitness training Dr Harvey develops readers problem solving skills equipping them to manage all types of spinal cord injuries Central to these skills is an understanding of how people with different patterns of paralysis perform motor tasks and the importance of different muscles for motor tasks such as transfers and bed mobility of people wheelchair mobility hand function for people with tetraplegia standing and walking with lower limb paralysis This book is for students and junior physiotherapists with little or no experience in the area of spinal cord injury but with a general understanding of the principles of physiotherapy It is also a useful tool for experienced clinicians including those keen to explore the evidence base that supports different physiotherapy interventions

**Muscle and Sensory Testing - E-Book** Nancy Berryman Reese, 2020-04-21 NEW Techniques of Functional Muscle Testing chapter includes completely revised content to give you a strong foundation of testing techniques UPDATED Expanded clinical notes and case vignettes challenge you to apply your knowledge to real world situations and think creatively about clinical problems UPDATED Consistent chapter layout by joint and muscle system allows you to easily locate important information UPDATED References throughout the book enable you to quickly find the most up to date sources on specific topics UNIQUE 185 Video clips on the companion Evolve website reinforce your understanding of key techniques such as muscle tests handheld dynamometry pediatric handheld dynamometry sensory and neurologic testing proper patient and clinician positioning and force application

**Lifespan Neurorehabilitation** Dennis Fell, Karen Y Lunnan, Reva Rauk, 2018-01-02 The neuro rehab text that mirrors how you learn and how you practice Take an evidence based approach to the neurorehabilitation of adult and pediatric patients across the lifespan that reflects the APTA's patient management model and the WHO's International Classification of Function ICF You'll study examination and interventions from the body structure function impairments and functional activity limitations commonly encountered in patients with neurologic disorders Then understanding the disablement process you'll be able to organize the clinical data that leads to therapeutic interventions for specific underlying impairments and functional activity limitations that can then be applied as appropriate anytime they are detected regardless of the medical diagnosis

**Examiner Consistency of Assigning Manual Muscle Testing Grades** Michelle Menard, Gretchen Peterson, Elizabeth Spadafora, Kerry Spinale, 1998 Abstract BACKGROUND AND PURPOSE Manual muscle testing is the most commonly used procedure to assess patient strength The purpose of this study was to determine the consistency in which physical therapists assign manual muscle testing grades SUBJECTS The subjects were 38 volunteer physical therapists from various clinical settings All subjects had at least two years of clinical experience METHODS AND MATERIALS Subjects were instructed to apply either minimum moderate or maximum pressure which corresponded to assigning a grade of fair plus good or normal according to the Kendall system respectively The pressure was applied through the Nicholas Manual Muscle Tester to the right hip flexor muscle group of the researcher A retest was

performed approximately two weeks following the initial test

### STATISTICAL ANALYSES

The absolute value of the difference between the initial test and retest was used to compare consistency of each subject Paired samples t tests were used to test for differences from the initial test to retest for each force level A 2 X 3 repeated measures analysis of variance ANOVA was used to compare force means among force levels and between test days The standard error of the measure SEM was calculated to estimate the precision of measurement made by examiners at each force level and test day

### RESULTS

No significant difference was found between the initial test and retest for any of the force levels Inconsistencies were found between the initial test and retest for each subject at each force level Inconsistencies in the amount of applied pressure were found between subjects at each force level Subjects were found to be the most inconsistent when applying maximum pressure

### CONCLUSION

Clinicians were unable to reproduce the same force from initial test to retest Clinicians also varied in the amount of pressure they perceived as minimum moderate and maximum

### RELEVANCE

Inconsistencies in assigning grades exist therefore manual muscle testing may not be the most clinically useful measurement of strength

### Muscle Diseases

Anthony Henry Vernon Schapira, Robert C. Griggs, 1999 This concise disorder specific clinical text on muscle diseases covers current and new concepts in patient management Due to advances in molecular genetics the field of muscle diseases is evolving rapidly and clinicians need to stay abreast of the latest developments in diagnosis and treatment Neuromuscular specialists and general neurologists will benefit from the cutting edge knowledge contained within this authoritative text

*A Study of Selected Methods of Grading Manual Muscle Tests with Suggestions for a Teaching Program* ... Lucille Daniels, 1945

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### *Muscle Testing*

Lucille Daniels, Catherine Worthingham, 1986

### **Muscle Strength**

Karin Harms-Ringdahl, 1993 Most studies of muscle strength are from a sports perspective but clinicians present a physiotherapeutic approach applicable to the rehabilitation and secondary prevention for injured or disabled people Among the topics are measuring strength the relation of strength to functional capacity and to

pain biomedical views on exercise and the distribution of strength within population groups Acidic paper Annotation  
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therapy athletic training orthopedics or any allied health professional who treats musculoskeletal disorders Daniels and  
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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  
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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 **Physical Therapy** ,1987-07 Review  
Book for the Physical Therapist Assistant Theresa Jean Meyer,1995 Bulletin on the Rheumatic Diseases ,1983 *Journal  
of Sport Rehabilitation* ,1996 **Scales and Scores in Neurology** Harald Masur,2004 This book reviews practically all  
scales and scores that are currently used in clinical neurology to detect neurologic deficits assess risks and prognosis and  
evaluate response to long term medical therapies It distinguishes commonly used scales and scores from those that are used  
infrequently providing expert commentaries on each **Handbook for Course in Principles and Practice of  
Rehabilitation of the Chronically Ill Patient** New York Medical College. Department of Physical Medicine and  
Rehabilitation,1963

## **Manual Muscle Grades** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Manual Muscle Grades**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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