

# 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 Test Chart

**E Durkheim**



**Manual Muscle Test Chart:**

## The Enigmatic Realm of **Manual Muscle Test Chart**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Manual Muscle Test Chart** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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