

# Manual Muscle Testing for Occupational Therapy

## MANUAL MUSCLE TESTING

GRADE	MEANING
5 / NORMAL	HOLD POSITION WITH STRONG RESISTANCE APPLIED
4 / GOOD	MINIMAL LOSS OF POSITION AGAINST RESISTANCE APPLIED
4- / GOOD-	FALLS FROM START POSITION WITH RESISTANCE APPLIED BUT REMAINS ABOVE MIDLINE OF MOVEMENT
3+ / FAIR+	FALLS BELOW MIDLINE WITH RESISTANCE APPLIED BUT DOES NOT DROP TO START POSITION OF MOVEMENT
3 / FAIR	INDEPENDENTLY & PERFORMS FULL ARC OF MOVEMENT AGAINST GRAVITY BUT CANNOT TOLERATE ADDITIONAL RESISTANCE
3- / FAIR-	ARC OF MOVEMENT AGAINST GRAVITY ABOVE MIDLINE ONLY
2+ / POOR+	MINIMAL ARC AGAINST GRAVITY, UNABLE TO EXCEED THE MIDLINE OF MOVEMENT
2 / POOR	FULL ARC IN GRAVITY ELIMINATED
2- / POOR-	NO GRAVITY ELIMINATED, ARC BEYOND THE MIDLINE OF THE MOVEMENT BUT LESS THAN FULL
1+ / TRACE+	NO GRAVITY ELIMINATED, ARC BEYOND THE MIDLINE OF THE MOVEMENT BUT LESS THAN FULL
1 / TRACE	VISIBLE OR PALPABLE CONTRACTION, NO JOINT MOTION
0	NOT VISIBLE OR PALPABLE CONTRACTION, NO MOTION

## MANUAL MUSCLE TESTING

### ORDER OF MMT EVALUATION

FROM → ARC → GRAVITY ELIMINATED OR RESISTANCE  
APPLY RESISTANCE IF FULL ARC AGAINST GRAVITY IS POSSIBLE

### INFORMAL ASSESSMENT OF BUE MMT/WOM

1. ASSESS ARC OF SHOULDER FLEXION, IF FULL ARC POSSIBLE. TEST STRENGTH IN BILATERAL SHOULDERS AT 90 DEGREE FLEXION.
2. ASSESS ELBOW ROM IN EXTENSION AND FLEXION. TO TEST STRENGTH, ASK THEM TO HOLD ELBOW FLEXION AND TO EXTEND AGAINST YOU.
3. ASSESS WRIST STRENGTH BY ASKING TO SQUEEZE TENDON OF FOUR FINGERS.
4. TEST THEIR ABILITY TO REACH BEHIND THEIR BACK.
5. TEST INDEPENDENT FINGER DIPPOSITION OF DIGITS 1-5 ON EACH HAND.

# Manual Muscle Test Occupational Therapy

**American Occupational Therapy  
Association**



## **Manual Muscle Test Occupational Therapy:**

*Occupational Therapy Manual for the Evaluation of Range of Motion and Muscle Strength* Donna Latella, Catherine Meriano, 2003-02-26 This occupational therapy manual instructs students in the use of assessment tools when evaluating the range of motion and strength of clients yet emphasizes the time efficiency required in today's healthcare environment. Students learn to screen clients for strength and motion deficits using functional observation and to formulate appropriate intervention plans through gross manual muscle assessment. Students also receive instruction in methods of isolated manual muscle testing and when it is appropriate to progress to this specific assessment. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

*Occupational Therapy Manual for the Evaluation of Range of Motion and Muscle Strength* Deanna Proulx, Donna Latella, 2024-09-30 Aimed at occupational therapy practitioners, this practical and comprehensive manual demonstrates how different assessment tools can be used to evaluate the range of motion and strength of clients during physical rehabilitation. The book covers the key areas of evaluation that therapists need to understand, including activity analysis, clinical observation, active range of motion, gross motor testing, goniometry, and isolated muscle testing. Reconfigured to match the clinical reasoning process, this new edition has also been reorganized by region and by joint motion to make it more user-friendly, mirroring the process by which an evaluation is conducted in practice. Also included are various appendices to support the transition to practice, as well as an At a Glance version of the manual itself. This is an essential manual for both occupational therapy practitioners and students in training.

**Muscle Function Testing - A Visual Guide** Karin Wieben, Bernd Falkenberg, 2015-05-13 A practical guide to manual muscle function testing. This beautifully illustrated pocket atlas provides physical therapists, occupational therapists, sports therapists, and students with practical guidelines and quick tests for evaluating gross motor function throughout the body. The tests in this manual are particularly suitable for analyzing isolated muscle deficits and evaluating other testing methods. When used as a regular part of the physical therapy routine, manual muscle testing provides valuable information on individual treatment needs, enables the therapist to monitor progress and modify procedures, and allows the patient to see the results for themselves. Key features: Almost 200 high-quality color photographs and illustrations help demonstrate each step in the testing process. Quick tests for evaluating overall muscle function followed by detailed guidelines for testing muscle function in the head and face, spine, and upper/lower extremities. Detailed introductory chapter on the foundations and anatomical basis of muscle testing. Clear descriptions of clinical symptoms for each muscle group, plus examples from practice. Online access to assessment forms on Thieme's MediaCenter. Test questions and answers for self-study. This book is a valuable resource for all PT practitioners and students that will enrich their practice and help them to successfully evaluate and treat patients suffering from muscle-related injuries.

[A Student Guide to Manual Muscle Testing in Occupational Therapy](#) Joanna Anderson, 2009

*Occupational Therapy Evaluation for Children: A Pocket Guide* Shelley Mulligan, 2014 In

pediatrics occupational therapy practitioners are concerned most with positively impacting the extent to which children and their families are able to successfully and meaningfully go about their daily lives whether it be playing learning working caring for oneself or others or socializing Clinical decisions made throughout the evaluation process ultimately shape what and how occupational therapy practitioners deliver interventions perhaps making the evaluation process the most important and interesting part of the service delivery process It is the context where we first come to know and appreciate our clients their specific situations and discover what it is that we as occupational therapy practitioners can do to be of most help Provided by publisher

**Pedretti's Occupational Therapy - E-Book** Heidi McHugh Pendleton, Winifred Schultz-Krohn, 2017-03-10

**NEW** Coverage of the Occupational Therapy Practice Framework OTPF 3 increases your understanding of the OTPF 3 and its relationship to the practice of occupational therapy with adults who have physical disabilities **NEW** All new section on the therapeutic use of self which the OTPF lists as the single most important line of intervention occupational therapists can provide **NEW** Chapter on hospice and palliative care presents the evidence base for hospice and palliative care occupational therapy describes the role of the occupational therapist with this population within the parameters of the third edition of the Occupational Therapy Practice Framework OTPF 3 and recommends clinician self care strategies to support ongoing quality care **UPDATED** Completely revised Spinal Cord Injury chapter addresses restoration of available musculature self care independent living skills short and long term equipment needs environmental accessibility and educational work and leisure activities It looks at how the occupational therapist offers emotional support and intervention during every phase of the rehabilitation program **UPDATED** Completely revised chapter on low back pain discusses topics that are critical for the occupational therapist including anatomy client evaluation interventions areas client centered occupational therapy analysis and intervention strategies for frequently impacted occupations **UPDATED** Revised Special Needs of the Older Adult chapter now utilizes a top down approach starting with wellness and productive aging then moving to occupation and participation in meaningful activity and finally highlighting body functions and structures which have the potential to physiologically decline as a person ages **NEW** and **EXPANDED** Additional section in the Orthotics chapter looks at the increasing array of orthotic devices available in today's marketplace such as robot assisted therapy to support the weak upper extremity **UPDATED** Revised chapters on joint range of motion and evaluation of muscle strength include new full color photos to better illustrate how to perform these key procedures **EXPANDED** New information in the Burns and Burn Rehabilitation chapter including expanded discussions on keloid scars silver infused dressings biosynthetic products the reconstructive phase of rehabilitation and patient education **UPDATED** and **EXPANDED** Significantly updated chapter on amputations and prosthetics includes the addition of a new threaded case study on Daniel a 19 year old combat engineer in the United States Army who suffered the traumatic amputation of his non dominant left upper extremity below the elbow

*Clinical Pathways* Gail G. Dadio, Jerilyn A. Nolan, 2025-01-02 Using an innovative and unique approach to physical assessment *Clinical Pathways An Occupational*

Therapy Assessment for Range of Motion Manual Muscle Strength 2nd Edition helps readers learn how to proficiently conduct range of motion ROM and manual muscle MMT assessments for the main joint structures of the body This fully revised 2nd edition emphasizes clinical application connecting physical assessment with an OT focused clinical decision making process New and updated content new companion videos and robust online resources for both students and instructors make this text an essential resource for OT and OTA education and practice

**Clinical Pathways: An Occupational Therapy Assessment for Range of Motion & Manual Muscle Strength** Gail Dadio, Jerilyn Nolan, 2018-01-18 Clinical Pathways an exciting first edition helps students learn how to proficiently conduct range of motion ROM and manual muscle MMT assessment for the main joint structures of the body Focusing heavily on clinical application the text also provides a novel OT focused Clinical Pathways of Assessment model that connects physical assessment with a clinical decision making process This model helps students develop the skills to effectively evaluate a client through an occupational profile and performance Client centered outcome measures are used to assess the client s functional ability in the performance of their daily occupations Ultimately using this framework will help to prepare for the process of designing and modifying the treatment plan to achieve optimum results

**Early's Physical Dysfunction Practice Skills for the Occupational Therapy Assistant E-Book** Mary Beth Patnaude, 2021-01-15 Master the role and skills of the OTA in caring for adults with physical disabilities Early s Physical Dysfunction Practice Skills for the Occupational Therapy Assistant 4th Edition is the only textbook on the rehabilitation process written specifically for OTA students and practitioners It takes a client centered approach following the latest Occupational Therapy Practice Framework in addressing topics such as assessment intervention principles and clinical applications New to this edition is an Intervention Principles for Feeding and Eating chapter plus the latest advances in OT technology From a team of expert contributors led by Mary Elizabeth Patnaude this book shows how you can succeed in the OTA role and help clients learn to perform functional tasks Coverage of advances in OT assessment and intervention includes prosthetics and assistive technologies along with the assessment and interventions of TBI traumatic brain injury problems related to cognitive and visual perception Case studies offer snapshots of real life situations and solutions with many cases threaded through an entire chapter Client centered approach shows how to include the client when making decisions about planning and treatment using the terminology and abbreviations from the Occupational Therapy Practice Framework Evidence based content includes clinical trials and outcome studies especially those relating to intervention Cultural diversity and cultural sensitivity information helps you understand the beliefs and customs of other cultures so you can provide appropriate care Information on prevention addresses safety and the prevention of accidents and injury Key terms chapter outlines and chapter objectives introduce the essential information in each chapter Reading guide questions and summaries in each chapter make it easier to measure your comprehension of the material NEW Intervention Principles for Feeding and Eating chapter is added to this edition NEW Reorganization of all chapters aligns

content more closely with the Occupational Therapy Practice Framework NEW Combined chapters make the material more concise and easier to navigate

**Occupational Therapy for Physical Dysfunction** Mary Vining Radomski, Catherine A. Trombly Latham, 2008 The definitive work on occupational therapy for physical dysfunction returns in its Sixth Edition with reputable co editors and clinical academic and consumer contributors This text provides a current and well rounded view of the field from theoretical rationale to evaluation treatment and follow up Through the Occupational Functioning Model OFM the Sixth Edition continues to emphasize the conceptual foundation and scientific basis for practice including evidence to support the selection of appropriate assessments and interventions NEW TO THIS EDITION Student DVD with video clips demonstrating range of motion manual muscle testing construction of hand splints and transferring patients Evidence Tables summarize the evidence behind key topics and cover Intervention Participants Dosage Type of Best Evidence Level of Evidence Benefit Statistical Probability and Reference Assessment Tables summarize key assessment tools and cover Instrument and Reference Description Time to Administer Validity Reliability Sensitivity and Strengths and Weaknesses

**Proceedings of the Occupational Therapy Institute** United States. Department of Health, Education, and Welfare. Vocational Rehabilitation Administration, 1956

**Assessment in Occupational Therapy and Physical Therapy** Julia Van Deusen, Denis Brunt, 1997 Evaluation

**A Syllabus of Occupational Therapy Procedures and Techniques as Applied to Orthopedic and Neurological Conditions** Marguerite Abbott, 1957

**Occupational Therapy** Lorraine Williams Pedretti, 1995 This study guide is formatted to accompany the book each chapter in the study guide corresponds with a chapter in the book Chapters include description of key points highlights from the book chapter learning objectives terminology self testing exercises review questions and learning experiences

**Occupational Therapy for Physical Dysfunction**, 1989 The definitive work on occupational therapy for physical dysfunction is back in a Fifth Edition with reputable co editors and outstanding clinical academic and consumer contributors Through the Occupational Functioning Model this edition continues to emphasize the conceptual foundation of practice The text provides a current and well rounded view of the field from theoretical rationale to evaluation treatment and follow up New to this edition cutting edge therapies and up to date research findings International Classification of Functioning Disability and Health ICFIDH 2 language and concepts assessment and intervention directed toward context a two color design and abundant learning aids including case examples and procedures for practice

**Pocket Guide to Treatment in Occupational Therapy** Franklin Stein, Becky Roose, 2000 This text is a practical guide to the treatment of the most common disabilities encountered by occupational therapists enabling students to identify treatment techniques and strategies that are relevant and appropriate The treatment suggestions are pragmatic and user friendly serving as the initial step and a quick reference for planning treatment The text is organized around the major disabilities physical psychosocial geriatric and pediatric diagnoses Brief descriptions of the treatment techniques therapists use and definitions of terms relevant to treatment are included The

treatment suggestions are based on real life clinical experiences and the philosophy of good treatment is clearly stated and focused upon in the course of treatment

Keywords Occupational Therapy Occupational Therapist OT Treatment *Willard and Spackman's Occupational Therapy* Helen S. Willard,1978 *Psychiatrie r ducation g rontologie handicap* **Muscle Testing** Lucille Daniels,Catherine Worthingham,1986 **Proceedings of the Annual Conference** American Occupational Therapy Association,1958 **Ryan's Occupational Therapy Assistant** Karen Sladyk,Sally E. Ryan,2001

The classic foundation work developed by Sally Ryan COTA ROH has been completely revised and updated to reflect current healthcare trends The reformulation of Ryan s Occupational Therapy Assistant Principles Practice Issues and Techniques Third Edition includes occupation based case studies that highlight the didactic material presented in each chapter along with an updated style of information Four sections make up the new integrated text The first section looks at important foundation concepts such as history uniform technology and the occupational therapy process The second section introduces readers to people who are experiencing the challenges of disabilities The chapters provide general information about the disabilities as well as essential vocabulary and key concepts The third section provides information on the doing of occupational therapy Foundation treatment techniques are introduced so readers can master basic skills and continue to research current practice Lastly the fourth section focuses on the management aspects of an OTA s professional life How to information as well as professional development is the focus of this section

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