

# 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 Testing Reliability

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Schreiber**



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## **Table of Contents Manual Muscle Testing Reliability**

1. Understanding the eBook Manual Muscle Testing Reliability
  - The Rise of Digital Reading Manual Muscle Testing Reliability
  - Advantages of eBooks Over Traditional Books
2. Identifying Manual Muscle Testing Reliability
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Manual Muscle Testing Reliability
  - User-Friendly Interface
4. Exploring eBook Recommendations from Manual Muscle Testing Reliability

- Personalized Recommendations
  - Manual Muscle Testing Reliability User Reviews and Ratings
  - Manual Muscle Testing Reliability and Bestseller Lists
5. Accessing Manual Muscle Testing Reliability Free and Paid eBooks
    - Manual Muscle Testing Reliability Public Domain eBooks
    - Manual Muscle Testing Reliability eBook Subscription Services
    - Manual Muscle Testing Reliability Budget-Friendly Options
  6. Navigating Manual Muscle Testing Reliability eBook Formats
    - ePub, PDF, MOBI, and More
    - Manual Muscle Testing Reliability Compatibility with Devices
    - Manual Muscle Testing Reliability Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Manual Muscle Testing Reliability
    - Highlighting and Note-Taking Manual Muscle Testing Reliability
    - Interactive Elements Manual Muscle Testing Reliability
  8. Staying Engaged with Manual Muscle Testing Reliability
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Manual Muscle Testing Reliability
  9. Balancing eBooks and Physical Books Manual Muscle Testing Reliability
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Manual Muscle Testing Reliability
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Manual Muscle Testing Reliability
    - Setting Reading Goals Manual Muscle Testing Reliability
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Manual Muscle Testing Reliability

- Fact-Checking eBook Content of Manual Muscle Testing Reliability
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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