

# Manual Muscle Testing Tool

## Patient Information

Name: Emily Jones  
 Age: 32 Gender: Female Date of Testing: 03/20/2023  
 Therapist: Dr. Smith  
 Medical History: No major medical history  
 Relevant Diagnoses: None  
 Precautions/Contraindications: None

Note: Each muscle is graded on a scale of 0 to 5, where 0 represents no muscle contraction, and 5 represents full muscle strength against maximum resistance.

Muscle Group	LEFT Side	RIGHT Side	Testing Procedure
Neck Flexors	4 ____ /5	4 ____ /5	Patient supine, head and neck unsupported, actively flexes neck while therapist applies resistance to forehead.
Neck Extensors	4 ____ /5	4 ____ /5	Patient prone, head and neck unsupported, actively extends neck while therapist applies resistance to occiput.
Shoulder Flexors	5 ____ /5	5 ____ /5	Patient seated, elbow extended, arm supinated; patient lifts arm forward and upward while therapist applies resistance.
Shoulder Extensors	5 ____ /5	5 ____ /5	Patient seated, elbow extended, arm pronated; patient moves arm backward and downward while therapist applies resistance.
Shoulder Abductors	4 ____ /5	4 ____ /5	Patient seated, elbow extended, arm neutral; patient lifts arm sideways and upward while therapist applies resistance.
Shoulder External Rotators	4 ____ /5	4 ____ /5	Patient seated, elbow flexed at 90 degrees, forearm pronated; patient rotates forearm outward while therapist applies resistance.
Shoulder Internal Rotators	4 ____ /5	4 ____ /5	Patient seated, elbow flexed at 90 degrees, forearm supinated; patient rotates forearm inward while therapist applies resistance.
Elbow Flexors	5 ____ /5	5 ____ /5	Patient seated, forearm supinated; patient bends elbow while therapist applies resistance to distal forearm.
Elbow Extensors	5 ____ /5	5 ____ /5	Patient seated, forearm supinated; patient straightens elbow while therapist applies resistance to distal forearm.
Wrist Flexors	5 ____ /5	5 ____ /5	Patient seated, forearm supported, wrist in neutral; patient flexes wrist while therapist applies resistance to dorsum of hand.
Wrist Extensors	5 ____ /5	5 ____ /5	Patient seated, forearm supported, wrist in neutral; patient extends wrist while therapist applies resistance to palm.

# Lab Manual Muscle Recognition

**L Reisser**

A decorative graphic element consisting of a horizontal light blue bar with a rounded right end, overlaid on a red-to-white gradient semi-circle.

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