

MANUAL MUSCLE TESTING PROCEDURES

Key to Muscle Grading

| | Function of the Muscle | Grade | | |
|----------------------|--|-------|----|--------|
| No Movement | 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 |
| Test Movement | MOVEMENT IN HORIZONTAL PLANE | | | |
| | Moves through partial range of motion | 1 | 2- | Poor- |
| | Moves through complete range of motion | 2 | 2 | Poor |
| | ANTIGRAVITY POSITION | 3 | 2+ | |
| | Moves through partial range of motion | | | |
| Test Position | <i>Gradual release from test position</i> | 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 |

Occupational Therapy Manual Muscle Test

Donna Latella, Catherine Meriano



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