

# 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>  | 3     | 2+ |        |
|                      | Moves through partial range of motion  |       |    |        |
| <b>Test Position</b> | <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 |

# Manual Muscle Test Scale

**Jiyuan Zhang**



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