

**Table 1: Comparison of MMT grades[3]**

| <b>Medical Research Council[4]</b> | <b>Daniels and Worthingham[5]</b> | <b>Kendall and McCreary[6]</b> | <b>Explanation</b>   |
|------------------------------------|-----------------------------------|--------------------------------|--|
| <b>5</b>                           | <b>Normal(N)</b>                  | <b>100%</b>                    | <b>Holds test position against maximal resistance</b>  |
| <b>4+</b>                          | <b>Good + (G+)</b>                |                                | <b>Holds test position against moderate to strong pressure</b>   |
| <b>4</b>                           | <b>Good(G)</b>                    | <b>80%</b>                     | <b>Holds test position against moderate resistance</b>   |
| <b>4-</b>                          | <b>Good - (G-)</b>                |                                | <b>Holds test position against slight to moderate pressure</b>   |
| <b>3+</b>                          | <b>Fair + (F+)</b>                |                                | <b>Holds test position against slight resistance</b>   |
| <b>3</b>                           | <b>Fair (F)</b>                   | <b>50%</b>                     | <b>Holds test position against gravity</b>   |
| <b>3-</b>                          | <b>Fair- (F-)</b>                 |                                | <b>Gradual release from test position</b>  |
| <b>2+</b>                          | <b>Poor + (P+)</b>                |                                | <b>Moves through partial ROM against gravity OR Moves through complete ROM gravity eliminated and holds against pressure</b> |
| <b>2</b>                           | <b>Poor(P)</b>                    | <b>20%</b>                     | <b>Able to move through full ROM gravity eliminated</b>  |
| <b>2-</b>                          | <b>Poor - (P-)</b>                |                                | <b>Moves through partial ROM gravity eliminated</b>  |
| <b>1</b>                           | <b>Trace(T)</b>                   | <b>5%</b>                      | <b>No visible movement; palpable or observable tendon prominence/flicker contraction</b>                                     |
| <b>0</b>                           | <b>0</b>                          | <b>0%</b>                      | <b>No palpable or observable muscle contraction</b>  |

# Manual Muscle Testing Grades For Plantar Flexion

**Rachel S Tattersall**



## **Manual Muscle Testing Grades For Plantar Flexion:**

Daniels and Worthingham's Muscle Testing - E-Book Dale Avers, Donovan J. Lott, Marybeth Brown, 2024-02-06 Daniels and Worthingham's Muscle Testing 11th Edition offers the clear information needed to master procedures and enhance clinical decision making in manual muscle testing and performance testing Comprehensive discussion of the value of strength testing with clear illustrated instructions provide a detailed guide to patient positioning clinician instructions and application of skill In addition to updated muscle testing of normal individuals and others with weakness or paralysis this edition includes updated information on alternative strength and performance tests for all adult populations Updated comprehensive coverage for muscle dynamometry and ideal exercises enhances this text's relevance for today's clinician An eBook version included with print purchase provides access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures to assess deficits in strength balance and range of motion More than 500 illustrations clearly show testing sequences muscle anatomy and muscle innervation Content on the muscle dynamometer and muscle dynamometry data introduces you to muscle dynamometry including muscle dynamometer methods and results with each muscle Ideal exercises for selected muscles thoroughly explain procedures based on the literature Chapter on functional performance testing covers functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings Chapter on strength testing for active populations includes a variety of tests appropriate for many settings with reference data for comparison Chapters on manual muscle testing address how to enhance the reliability and validity of manual muscle testing and other practical considerations of manual muscle testing Details of muscle anatomy and innervation help in linking muscle topography with function Clinical Relevance and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy A constant reference number clearly identifies each muscle in the body indexed in the Alphabetical List of Muscles by Region as well as in the Ready Reference Anatomy chapter in the eBook included with print purchase to speed cross referencing and help you quickly identify any muscle Updated content throughout provides the most current information needed to be an effective practitioner Updated references ensure content is current and applicable for today's practice NEW eBook version included with print purchase provides access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Plus the eBook includes video clips and bonus Ready Reference Anatomy and Assessment of Muscles Innervated by Cranial Nerves content

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*Daniels and Worthingham's Muscle Testing* Helen J. Hislop, Jacqueline Montgomery, 1995 This sixth edition of Daniels and Worthingham's Muscle Testing represents a major departure from the earlier editions The authors are new The

content has new sections on testing infants patients with upper motor neuron diseases and the respiratory muscles and expanded sections on neck and bulbar testing The text also includes a synopsis of muscle anatomy and muscle innervation so that readers particularly students can readily refresh their memories about the details of muscle topography and function This book is a handbook of manual evaluation of muscular strength and is not intended for use as a comprehensive text for rationale and variations on such testing The ultimate message of this book is that here are tried and true methods for assessing and grading skeletal muscle function Also to assist the reader each muscle has been given a constant reference number to speed cross referencing and to locate details of any given muscle quickly in Chapter 9 Ready Reference

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**Clinical Decision Making**, 1993 *Physical Therapy Case Files: Neurological Rehabilitation* Annie

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Surgeons, 1997 The third edition incorporates the changes and advances in the field of orthoses This text will once again help the health care professional select the best orthosis according to weight bearing activity level material selection expense and unique considerations The contributors include both orthopaedists and orthotist *Encyclopedia of Medical Devices and*

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*Human Walking* Jessica Rose, James Gibson Gamble, 1994

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