

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</i> 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 Test Scoring

Mark Dutton

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Manual Muscle Test Scoring:

Handbook of Neurologic Rating Scales, 2nd Edition , Rating scales are used daily by everyone involved in the management of patients with neurologic disease and in the design and management of neurologic clinical trials Now there is a single source for the wide range of scales used in specific neurologic diseases and neurorehabilitation You will refer to this volume constantly The first edition of the Handbook of Neurologic Rating Scales quickly became an invaluable reference work on the increasing array of scales for measuring neurologic disease In the brief few years since the first edition the importance of this book has only increased New Chapters Include Scales On Generic and general use Pediatric neurology and rehabilitation Peripheral neuropathy and pain Ataxia HIV AIDS And instruments for diagnosing headaches Formal measurement of the effects of neurologic disease and of treatment effects beyond the description of changes on the standard neurologic examination is a relatively recent development Controlled clinical trials and outcomes research are at the heart of modern information based medicine and neurologic scales are essential tools in clinical trials designed to provide this information A Resource for Clinical Trials The Handbook of Neurologic Rating Scales provides a resource for clinicians and clinical investigators in the broad field of neurology and neurologic rehabilitation to help them evaluate the clinical trials literature by providing information on the scales being used evaluate and select appropriate and efficient scales for clinical trials and outcomes research and provide information that will help them to develop new scales or measures or to improve existing ones A Resource for Evaluating Disease Status Outcomes research is playing an increasingly important role in clinical management and neurorehabilitation and these also depend largely on measurement of disease status and change In this era of managed care neurologists must produce outcomes data demonstrating the effectiveness of neurologic care if the specialty is to survive and certainly if it is to thrive Even effective therapies are likely to fall by the wayside if studies to prove their effectiveness are not done Comprehensive and Standardized Information on All Scales Each chapter in this volume contains the scales of importance and in current use including a sequence of scale descriptions and specific scales in a standard format as well as a summary and recommendations indicating which scales are most useful for specific purposes and whether a combination of scales is particularly useful or if better scales are needed Each entry notes the purpose for which the scale was developed and its current uses if they differ from those for which it was developed a detailed description of the scale information about validation such as Does the scale have face validity i e does it appear to measure what it purports to measure how and by whom the scale is administered the time needed to administer and score the scale the scale itself or when the scale is proprietary or too long for inclusion a description and key references special considerations including unusual measures needed to obtain a valid score or problems in administering the test in specific patients advantages or what makes the scale good or useful Disadvantages or what makes the scale difficult to use or impairs its reliability key references including the original publication of the scale and its validation Downloadable PDFs of the scales

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Daniels and Worthingham's Muscle Testing - E-Book Marybeth Brown, Helen Hislop, Dale Avers, 2013-01-25 A practical handbook on evaluating muscular strength and function Daniels and Worthingham's Muscle Testing Techniques of Manual Examination and Performance Testing 9th Edition makes it easy to understand and master procedures in manual muscle testing and performance testing Clear illustrated instructions provide a guide to patient positioning direction of motion and direction of resistance In addition to muscle testing of normal individuals and others with weakness or paralysis this edition includes new coverage of alternative strength tests and performance tests for older adults and others with functional decline such as the inactive and obese Written by educators Helen J Hislop Dale Avers and Marybeth Brown this classic physical therapy reference now features an Evolve companion website with video clips demonstrating key muscle testing techniques Drawings and arrows along with clear written directions make it easy to understand and perform muscle testing procedures allowing you to assess deficits in strength balance and range of motion More than 600 illustrations clearly show testing sequences muscle anatomy and muscle innervation Video clips of over 100 muscle tests on the Evolve companion website demonstrate the art and technique of muscle testing in a clinical setting Details of muscle anatomy and innervation help in linking muscle topography with function Helpful Hints and Substitutions boxes provide additional tips and highlight muscle substitutions that may occur during a test to ensure greater accuracy in testing 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 Manual on Evolve to speed cross referencing and help you quickly identify any muscle NEW chapters on performance testing cover functional strength testing in older adults and those with functional decline and testing muscle performance in various clinical settings NEW chapters on manual muscle testing address when to use manual muscle testing the limitations of manual muscle testing and alternatives to manual muscle testing UPDATED references for each chapter include the most current evidence based information NEW An Evolve companion website helps you hone your manual testing skills with video clips of over 100 muscle tests and with the Ready Reference Anatomy Guide

Musculoskeletal Assessment Hazel M. Clarkson, 2020-08-12 Develop the skills needed to proficiently evaluate a patient's present functional status and create effective range of motion and muscle strength goals This updated fourth edition of Hazel Clarkson's Musculoskeletal Assessment Joint Range of Motion Muscle Testing and Function A Research Based Practical Guide offers a straight forward student friendly approach to learning the clinical evaluation of Joint Range of Motion ROM Muscle Length and Manual Muscle Testing MMT Now in striking full color the fourth edition provides the right amount of detail students need to prepare for effective practice Each chapter is devoted to a separate anatomical region to help Physical Therapists and Occupational Therapists in training hone their understanding of pertinent surface and deep anatomy The clear narrative outlines the steps taken in the assessment techniques and interpreting the results and is

enhanced by a strong art program with meticulously created color illustrations and photographs that demonstrate patient and therapist positions and instrument placement

Campbell's Physical Therapy for Children Expert Consult - E-Book Robert Palisano, Margo Orlin, Joseph Schreiber, 2016-12-20 NEW Revised chapter on motor development and control now closely examines the when how why and what of developing motor skill and how it contributes to effective physical therapy NEW Chapter on children with autism spectrum disorder ASD covers the characteristics of ASD the diagnostic process program planning and evidence based decision making for children with ASD NEW Chapter on pediatric oncology addresses the signs and symptoms of pediatric cancers the most common medical interventions used to treat these diseases the PT examination and common therapeutic interventions NEW Chapter on tests and measures offers guidance on how to effectively use tests and measures in pediatric physical therapy practice NEW Extensively revised chapter asthma offers more detail on the pathology of asthma the primary and secondary impairments of asthma the impact on a child's long term health and development pharmacological management and more NEW Revised chapter on the neonatal intensive care unit better addresses the role of the physical therapist in the neonatal intensive care unit UPDATED Full color photos and line drawings clearly demonstrate important concepts and clinical conditions that will be encountered in practice NEW Expert Consult platform provides a number of enhancements including a fully searchable version of the book case studies videos and more NEW Revised organization now includes background information such as pathology pathophysiology etiology prognosis and natural evolution and medical and pharmacologic management as well as foreground information such as evidence based recommendations on physical therapy examination strategies optimal tests and measurement interventions patient caregiver instruction and more NEW Additional case studies and videos illustrate how concepts apply to practice

[Management of Spinal Cord Injuries](#) Lisa Harvey, 2007-12-27 Combining 25 years of clinical research and teaching experience Dr Lisa Harvey provides an innovative 5 step approach to the physiotherapy management of people with spinal cord injury Based on the International Classification of Functioning this approach emphasises the importance of setting goals which are purposeful and meaningful to the patient These goals are related to performance of motor tasks analysed in terms of 6 key impairments The assessment and treatment performance of each of these impairments for people with spinal cord injury is described in the following chapters training motor tasks strength training contracture management pain management respiratory management cardiovascular fitness training Dr Harvey develops readers problem solving skills equipping them to manage all types of spinal cord injuries Central to these skills is an understanding of how people with different patterns of paralysis perform motor tasks and the importance of different muscles for motor tasks such as transfers and bed mobility of people wheelchair mobility hand function for people with tetraplegia standing and walking with lower limb paralysis This book is for students and junior physiotherapists with little or no experience in the area of spinal cord injury but with a general understanding of the principles of physiotherapy It is also a useful tool for experienced clinicians including those keen to

explore the evidence base that supports different physiotherapy interventions **Springer Handbook of Medical Technology** Rüdiger Kramme, Klaus-Peter Hoffmann, Robert Steven Pozos, 2011-10-02 This concise user oriented and up to date desk reference offers a broad introduction to the fascinating world of medical technology fully considering today's progress and further development in all relevant fields The Springer Handbook of Medical Technology is a systemized and well structured guideline which distinguishes itself through simplification and condensation of complex facts This book is an indispensable resource for professionals working directly or indirectly with medical systems and appliances every day It is also meant for graduate and post graduate students in hospital management medical engineering and medical physics

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

Physical Therapy for Children Suzann K. Campbell, Robert J. Palisano, Darl W. Vander Linden, 2006 Includes DVD with video clips and a resource filled website Physical Therapy, 1987-07 *Muscles, Testing and Function* Henry Otis Kendall, Florence Peterson Kendall, Gladys Elizabeth Wadsworth, 1971 **Documenting Functional Outcomes in Physical Therapy** Darlene L. Stewart, Susan H. Abeln, 1993 No matter where you work as a PT you must know how to document your services Proper documentation is essential because the majority of payment for PT services comes from third party payors and proper documentation promotes quality care Count on this vital resource for all the information you need to document your work effectively Case studies clearly demonstrate both appropriate and poor documentation Practical tips help you expedite the claims process and guarantee a successful outcome **Muscles, Testing and Function** Florence Peterson Kendall, Elizabeth Kendall McCreary, 1983 **Muscle Diseases** Anthony Henry Vernon Schapira, Robert C. Griggs, 1999 This concise disorder specific clinical text on muscle diseases covers current and new concepts in patient management Due to advances in molecular genetics the field of muscle diseases is evolving rapidly and clinicians need to stay abreast of the latest developments in diagnosis and treatment Neuromuscular specialists and general neurologists will benefit from the cutting edge knowledge contained within this authoritative text *Dutton's Orthopaedic Examination Evaluation and Intervention, Third Edition* Mark Dutton, 2012-07-02 A complete evidence based textbook and reference for physical therapy

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Encyclopedia of Medical Devices and Instrumentation, Radiotherapy, Heavy Ion X-Rays, Production of John G. Webster, 2006-04-07 The articles in The Encyclopedia of Medical Devices and Instrumentation focus on what is currently useful or is likely to be useful in future medicine They answer the question What are the branches of medicine and how does technology assist each of them Articles focus on the practice of medicine that is assisted by devices rather than including for example the use of drugs to treat disease The title is the only resource on the market dealing with the subject in encyclopedic detail Accessible to practitioners with a broad range of backgrounds from students to researchers and physicians Articles cover the latest developments such as nanotechnology fiber optics and signal processing **Quantification of Neurological Deficit** Theodore L. Munsat, 1989 Defines and describes quantitative methods of measuring clinical neurologic systems and diseases that are amenable to quantification It addresses the current emphasis on accountability in medicine
IEEE/ASME International Conference on Advanced Intelligent Mechatronics Proceedings ,2005

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