

# 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 Testing Positions

**Dale Avers, Donovan J. Lott, Marybeth Brown**



## **Manual Muscle Testing Positions:**

**Obstetric and Gynecologic Care in Physical Therapy** Rebecca Gourley Stephenson, Linda J. O'Connor, 2000 The second edition of *Obstetric and Gynecologic Care in Physical Therapy* has been thoroughly updated to cover recent changes in the field of physical therapy as it pertains to the treatment of women Chapters cover topics on women Sports-Specific Rehabilitation Robert A. Donatelli, PhD, PT, OCS, 2006-10-11 A comprehensive resource for focusing on returning injured athletes to their optimal performance This book discusses exercise principles muscle fatigue muscle damage and overtraining concepts pathophysiology of overuse injuries core evaluation in sports specific testing physiological basis of exercise specific to sport and special considerations for the athlete Social features such as evidence based clinical application boxes provide the reader with a solid body of research upon which to base their practice Aligned to the Guide to Physical Therapy Practice to help learn how to work with athletes injuries and help them make a physical comeback while following best practices Incorporation of muscle physiology demonstrates it as the basis for athlete s exercise prescription Coverage of pathophysiology of overuse injuries illustrates the damage to the musculoskeletal system Inclusion of treatment and training approaches for athletic rehabilitation shows how to restore the musculoskeletal system back to full flexibility strength power and endurance Evidence based clinical application boxes found throughout the book cite key studies and provide real world application to a clinical setting Extensive photographs show hands on demonstrations of important rehabilitation techniques helping the clinician to accurately apply them during treatment **Physical Therapy of the Shoulder - E-Book** Robert A. Donatelli, 2011-03-16 Updated neurology and surgery sections provide the most current evidence based practice parameters New case studies are added to show the clinical application of therapy principles Video clips on the companion Evolve website demonstrate additional techniques exercises and tests *Daniels and Worthingham's Muscle Testing, First South Asia Edition E Book* Dale Avers, Marybeth Brown, 2018-11-13 *Daniels and Worthingham's Muscle Testing First South Asia Edition E Book* Occupational Therapy for People Experiencing Illness, Injury or Impairment E-Book (previously entitled Occupational Therapy and Physical Dysfunction) Michael Curtin, Mary Egan, Jo Adams, 2016-12-16 The sixth edition of this classic book remains a key text for occupational therapists supporting their practice in working with people with physical impairments stimulating reflection on the knowledge skills and attitudes which inform practice and encouraging the development of occupation focused practice Within this book the editors have addressed the call by leaders within the profession to ensure that an occupational perspective shapes the skills and strategies used within occupational therapy practice Rather than focusing on discrete diagnostic categories the book presents a range of strategies that with the use of professional reasoning can be transferred across practice settings The new editors have radically updated the book in response to the numerous internal and external influences on the profession illustrating how an occupational perspective underpins occupational therapy practice A global outlook is intrinsic to this edition of the book as demonstrated by the large

number of contributors recruited from across the world Covers everything the student needs within the physical disorders part of their course Links theory of principles to practice and management Written and edited by a team of internationally experienced OT teachers clinicians and managers Gives key references and further reading lists for more detailed study Written within a framework of lifespan development in line with current teaching and practice Includes practice scenarios and case studies Focuses on strategies New title echoes the contemporary strength based and occupation focused nature of occupational therapy practice which involves working with people and not medical conditions and diagnoses Content and structure reviewed and shaped by an international panel of students new graduates 22 additional chapters 100 expert international contributors Evolve Resources evolve elsevier com Curtin OT contains 3 bonus interactive practice stories with reflective videos 360 MCQs 200 reflective questions 250 downloadable images Critical discussion of the ICF in the context of promoting occupation and participation Pedagogical features summaries key points and multiple choice and short answer reflective questions

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

**Lifespan Neurorehabilitation** Dennis Fell, Karen Y Lunnen, Reva Rauk, 2018-01-02 The neuro rehab text that mirrors how you learn and how you practice Take an evidence based approach to the neurorehabilitation of adult and pediatric patients across the lifespan that reflects the APTA s patient management model and the WHO s International Classification of Function ICF You ll study examination and interventions from the body structure function impairments and functional activity limitations commonly encountered in patients with neurologic disorders Then understanding the disablement process you ll be able to organize the clinical data that leads to therapeutic interventions for specific underlying impairments and functional activity limitations that can then be applied as appropriate anytime they are detected regardless of the medical diagnosis

**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 texts 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

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*Muscles, Testing and Function* Henry Otis Kendall, Florence Peterson Kendall, Gladys Elizabeth Wadsworth, 1971

**The Muscle Testing Handbook** Virginia Packer, Marcia Sirotkin-Roses, Joseph Beatus, 1984

*Muscle Strength Testing* Louis R. Amundsen, 1990 This is a practical manual beginning with a brief review of basic science and traditional manual testing approaches followed by a lengthier depiction of new mechanical strength testing techniques It contains well illustrated techniques and step by step testing approaches

Examination and Diagnosis of Musculoskeletal Disorders William H. M. Castro, Jörg Jerosch, 2000-11-22 The first book to combine illustrated examination techniques with diagnostic imaging The first book ever published to combine the full range of clinical examination techniques with standard radiological imaging studies of the musculoskeletal system this is a key clinical tool for all orthopedic residents and specialists You will find dozens of representative imaging studies including arthrograms ultrasonography and MRI integrated with physical examination tests offering a truly unique approach to reaching an accurate diagnosis Special features include Tips for performing a standard physical examination in different areas of the body Directions for patient positioning during radiographic studies to obtain optimal results How to select the best test to confirm a diagnosis in the extremities spine or pelvis Specific technical guidelines for performing key diagnostic imaging tests In light of the many new clinical tests and imaging modalities now in use it is almost impossible for any individual examiner to be familiar with the complete spectrum of diagnostic options available This book provides the quick orientation clinicians need as they work through the standard examination for each joint pointing out appropriate imaging studies throughout Useful and practical it is a book specialists will reach for frequently in their daily practice

**Electromyographic Analysis of Manual Muscle Testing Positions and Exercises for the Trapezius and Serratus Anterior Muscles** Richard Ekstrom, 2001 The trapezius and serratus anterior are very important muscles of the shoulder girdle in that they perform upward rotation and stabilization of the scapula Any weakness of these muscles is believed to affect the scapulohumeral rhythm that may cause secondary problems at the glenohumeral joint There is very little information in the literature regarding electromyography analysis of muscle testing or exercises for the trapezius and serratus anterior muscles The purposes of this study were to 1 perform an electromyographic analysis of manual muscle testing positions for the trapezius and serratus anterior muscles to help identify which tests are optimal for clinical muscle testing and for normalization procedures during EMG studies 2 perform an electromyographic study during strengthening exercises for the trapezius and serratus anterior muscles to determine which exercises produce maximum electromyographic activity and 3 compare the torque measurements obtained during hand held dynamometry

muscle testing of the trapezius and serratus anterior muscles of the dominant and non dominant shoulders and identify which muscle tests can be reliably performed with a hand held dynamometer

**Dutton's Introductory Skills and Procedures for the Physical Therapist Assistant** Mark Dutton, 2022-02-18 Ace your introductory PTA courses and launch a successful career in physical therapy The hands down most trusted name for safe effective physical therapy Dutton s now delivers the

information and insights to guide you through your foundational courses Dutton s Introductory Skills and Procedures for the Physical Therapist Assistant covers the fundamentals of the field and helps you build your documentation and clinical decision making skills the keys to PTA success Packed with color photos illustrations and line drawings it provides access to videos demonstrating important techniques and skills throughout This peerless resource covers Healthcare regulations

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Introductory Skills and Procedures for the Physical Therapist Assistant will form the foundation of knowledge you need to succeed in the field of physical therapy

*Williams & Lissner's Biomechanics of Human Motion* Barney Francis

LeVeau, 1992 The updated and revised third edition of this text reviews the basic terms and concepts of mechanics and presents practical examples encountered in a variety of disciplines

**Manual Muscle Tests for Grading the Lower Extremities in Infants as Related to Child Development Studies** Lois LaRue Bradley, 1965

**Clinical Examination of the Shoulder** Todd S. Ellenbecker, 2004 Overview of the available research substantiating or negating the use of many clinical tests for the patient with shoulder dysfunction In addition to simply providing a detailed description of these tests each chapter provides an overview of the primary pathology for which these test are used and summarizes the research

performed on these tests to provide a level of understanding regarding their effectiveness

Physical Therapy , 1987-07

Orthopaedic Examination, Evaluation & Intervention Mark Dutton, 2005 The perfect companion to Duttons Orthopaedic Examination Evaluation and Intervention

**Proceedings, International Society of Electrophysiological Kinesiology, North American Regional Meeting, Baltimore, Maryland, June 8-10, 1978** International Society of Electrophysiological

Kinesiology, 1978

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