

**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>		Holds test position against moderate to strong pressure
<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>		Holds test position against slight to moderate pressure
<b>3+</b>	<b>Fair + (F+)</b>		Holds test position against slight resistance
<b>3</b>	<b>Fair (F)</b>	<b>50%</b>	<b>Holds test position against gravity</b>
<b>3-</b>	<b>Fair- (F-)</b>		Gradual release from test position
<b>2+</b>	<b>Poor + (P+)</b>		Moves through partial ROM against gravity OR Moves through complete ROM gravity eliminated and holds against pressure
<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>		Moves through partial ROM gravity eliminated
<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 Grades

**LM Reder**



## **Manual Muscle Grades:**

The Top Books of the Year Manual Muscle Grades The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. Manual Muscle Grades : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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