

# Manual Muscle Testing Tool

## Patient Information

Name: Emily Jones

Age: 32 Gender: Female Date of Testing: 03/20/2023

Therapist: Dr. Smith

Medical History: No major medical history

Relevant Diagnoses: None

Precautions/Contraindications: None

Note: Each muscle is graded on a scale of 0 to 5, where 0 represents no muscle contraction, and 5 represents full muscle strength against maximum resistance.

Muscle Group	LEFT Side	RIGHT Side	Testing Procedure
Neck Flexors	4 ____ /5	4 ____ /5	Patient supine, head and neck unsupported, actively flexes neck while therapist applies resistance to forehead.
Neck Extensors	4 ____ /5	4 ____ /5	Patient prone, head and neck unsupported, actively extends neck while therapist applies resistance to occiput.
Shoulder Flexors	5 ____ /5	5 ____ /5	Patient seated, elbow extended, arm supinated; patient lifts arm forward and upward while therapist applies resistance.
Shoulder Extensors	5 ____ /5	5 ____ /5	Patient seated, elbow extended, arm pronated; patient moves arm backward and downward while therapist applies resistance.
Shoulder Abductors	4 ____ /5	4 ____ /5	Patient seated, elbow extended, arm neutral; patient lifts arm sideways and upward while therapist applies resistance.
Shoulder External Rotators	4 ____ /5	4 ____ /5	Patient seated, elbow flexed at 90 degrees, forearm pronated; patient rotates forearm outward while therapist applies resistance.
Shoulder Internal Rotators	4 ____ /5	4 ____ /5	Patient seated, elbow flexed at 90 degrees, forearm supinated; patient rotates forearm inward while therapist applies resistance.
Elbow Flexors	5 ____ /5	5 ____ /5	Patient seated, forearm supinated; patient bends elbow while therapist applies resistance to distal forearm.
Elbow Extensors	5 ____ /5	5 ____ /5	Patient seated, forearm supinated; patient straightens elbow while therapist applies resistance to distal forearm.
Wrist Flexors	5 ____ /5	5 ____ /5	Patient seated, forearm supported, wrist in neutral; patient flexes wrist while therapist applies resistance to dorsum of hand.
Wrist Extensors	5 ____ /5	5 ____ /5	Patient seated, forearm supported, wrist in neutral; patient extends wrist while therapist applies resistance to palm.

# Manual Muscle Testing

**Charlet Knox Quay, Janet E. Decker**



## **Manual Muscle Testing:**

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 **Muscle and Sensory**

**Testing** Nancy Berryman Reese, 1999 Introducing the first text to combine muscle and sensory testing with a step by step procedure approach Offers convenient access to sections covering neurological screening examinations gravity resisted testing gravity eliminated testing and alternative testing Also contains detailed instructions on hand held dynamometry

**Principles of Goniometry and Manual Muscle Testing** Abigail Shelley, 2026-03-13 An in depth visual guide to manual muscle testing Principles of Goniometry and Manual Muscle Testing With HKPropel Online Video combines manual muscle testing and joint range of motion measurement in a single resource to mimic how a clinician would practically work through a complete patient assessment Anatomy springs to life with detailed medical illustrations of muscles bones and ligaments making complex concepts easy to visualize and apply to the specific regions being targeted Mastery of manual muscle testing

and joint range of motion measurement is a key competency for a practitioner and this text supports students in applying tests safely efficiently and effectively in clinical practice Each chapter features user friendly muscle tables outlining normative range of joint motion muscle attachments innervation and vascular supply For every range of motion and manual muscle test full color visuals show the targeted muscle and its bony attachments along with step by step instructions using goniometers tape measures and inclinometers Alternative testing positions are included to accommodate diverse patient needs and clinical scenarios Clinical tips are provided throughout the book giving students the opportunity to learn from an experienced clinician Tips include modified positions stabilizing techniques and compensations most likely to be observed and how to prevent them from happening This highly visual text is packed full of medical illustrations and photographs and related online videos that further support clinical skill development are delivered through HKPropel Every manual muscle test in the book has an accompanying video that demonstrates the test allowing the learner to hear cues given to a patient by a seasoned clinician Serving as a bridge to practice Principles of Goniometry and Manual Muscle Testing empowers students to develop proficiency in essential evidence based assessment techniques that form the cornerstone of rehabilitative care Note A code for accessing HKPropel online videos is not included with this ebook but may be purchased separately

**Manual Muscle Testing** Lawrence M. Peters,1986-01-01     *Daniels and Worthingham's Muscle Testing:Techniques of Manual Examination and Performance Testing, 9e* Helen Hislop,2013-09-01 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     **Muscle Function Testing - A Visual Guide** Karin

Wieben, Bernd Falkenberg, 2015-05-13 A practical guide to manual muscle function testing This beautifully illustrated pocket atlas provides physical therapists occupational therapists sports therapists and students with practical guidelines and quick tests for evaluating gross motor function throughout the body The tests in this manual are particularly suitable for analyzing isolated muscle deficits and evaluating other testing methods When used as a regular part of the physical therapy routine manual muscle testing provides valuable information on individual treatment needs enables the therapist to monitor progress and modify procedures and allows the patient to see the results for themselves Key features Almost 200 high quality color photographs and illustrations help demonstrate each step in the testing process Quick tests for evaluating overall muscle function followed by detailed guidelines for testing muscle function in the head and face spine and upper lower extremities Detailed introductory chapter on the foundations and anatomical basis of muscle testing Clear descriptions of clinical symptoms for each muscle group plus examples from practice Online access to assessment forms on Thieme's MediaCenter Test questions and answers for self study This book is a valuable resource for all PT practitioners and students that will enrich their practice and help them to successfully evaluate and treat patients suffering from muscle related injuries

**Cram Session in Manual Muscle Testing** Lynn Van Ost, 2024-06-01 When all you need is a basic understanding of manual muscle testing When concise and illustrative examples of manual muscle testing techniques will provide exactly what the rehabilitation professional needs look to Cram Session in Manual Muscle Testing A Handbook for Students Clinicians for quick and at your fingertips facts Cram Session in Manual Muscle Testing A Handbook for Students Clinicians by Lynn Van Ost is a succinct and descriptive quick reference that provides the rehabilitation professional with a very basic approach to various manual muscle techniques Organized in a head to toe format Cram Session in Manual Muscle Testing A Handbook for Students Clinicians takes user friendly and efficient learning to a new level What is in your Cram Session Photographs depicting each manual muscle testing technique Breakdown of each body region covered Sections include average range of motion prime movers accessory muscles patient positioning muscle grading for each movement and substitutions Over 200 photographs Cram Session in Manual Muscle Testing A Handbook for Students Clinicians is an informative well organized handbook for all students and clinicians in physical therapy occupational therapy athletic training orthopedics or any allied health professional who treats musculoskeletal disorders

**Manual Muscle Testing** Marcia Epler, Susan Wainwright, 2000-01-17 Now you can learn and review manual muscle testing in a new way with this highly interactive CD ROM See a variety of approaches and observe the assessment of strength as the different techniques are demonstrated right in front of you Maximize study time by focusing on information in a way that best meets your personal learning style and goals With the use of audio text and video you can access multiple methods of manual muscle testing A video shows application and narration explains all individual elements of each test including positioning stabilization palpation and substitutions There is a study quiz to promote problem solving skills and complex terms are defined to encourage a complete

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The new edition of this text maintains the original essence of the first edition while touching upon updated information to speak to new clinicians. Minor revisions such as adding color to the headers and to the sections allow the reader easier access to the topics. An expanded appendix and up to date content touch on newer technology being used and developed in these areas of clinical evaluation. What is in your Cram Session? In the Goniometry section, subdivisions are broken down into type of joint, capsular pattern, average range of motion for each movement, patient positioning, goniometric alignment, patient substitutions, and alternative methods of measurement. In the Manual Muscle Testing section, subdivisions are broken into the specific movement to be tested, average range of motion, prime movers of the movement, secondary movers of the movement, anti gravity patient position, gravity minimized patient position, stabilization and grades, substitutions for the movement, and points of interest for that particular muscle group. Cram Session in Goniometry and Manual Muscle Testing: A Handbook for Students, Clinicians, Second Edition is an informative, well organized handbook for all students, instructors, and clinicians in physical therapy, occupational therapy, athletic training, orthopedics, or any allied health professional who treats musculoskeletal disorders.

**Manual Muscle Testing**, 2005     Daniels and Worthingham's Muscle Testing Dale Avers, Marybeth Brown, 2019

A practical handbook on evaluating muscular strength and function, Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 10th Edition helps you 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 coverage of alternative strength tests and performance tests for older adults and others with functional decline, such as the inactive and obese. The tenth edition also includes coverage of muscle dynamometry and a sampling of ideal exercises. Updated by educators Dale Avers and Marybeth Brown, this classic physical therapy reference once again features a companion website with many new video clips demonstrating the latest muscle testing procedures and alternatives to muscle testing. In addition, two online-only chapters, Cranial Nerve and Ready Reference Anatomy, have been added. 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 500 illustrations clearly show testing sequences, muscle anatomy, and muscle innervation. Chapters on performance testing cover functional strength testing in older adults and those with functional decline, and testing muscle performance in various clinical settings. Chapters on manual muscle testing address when to use manual muscle testing, the limitations of manual muscle testing, and alternatives to manual muscle testing. 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.

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**Handbook of Manual Muscle Testing** Nancy C. Cutter, Charles George Kevorkian, 1999 Manual muscle testing is a cornerstone activity in physical and occupational therapy Each spread is packed with information and contains a picture of the muscle test

Manual Muscle Testing for the Upper Extremity Charlet Knox Quay, Janet E. Decker, 1978

*Manual Muscle Testing* ,2007

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Validity and Reliability of Manual Muscle Testing Lam-Quynh Nguyen, 2005



## Unveiling the Magic of Words: A Report on "**Manual Musle Testing**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Manual Musle Testing**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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