

# Manual Muscle Testing

Patient information	
Patient's full name:	Date of testing:
Age:	Gender:
Attending therapist's full name:	
Medical history:	
Relevant diagnoses:	
Precautions/contraindications:	
<b>Each muscle is graded on a scale from 0 to 5. Please refer to the following definitions:</b>	
<ul style="list-style-type: none"><li>• <b>Grade 0:</b> No contraction</li><li>• <b>Grade 1:</b> Flicker or trace of contraction</li><li>• <b>Grade 2:</b> Active movement, with gravity eliminated</li><li>• <b>Grade 3:</b> Active movement against gravity</li><li>• <b>Grade 4:</b> Active movement against gravity and resistance</li><li>• <b>Grade 5:</b> Normal power</li></ul>	

<b>Muscle group</b>	<b>Left side</b>	<b>Right side</b>	<b>Testing procedure</b>
Neck flexors	___ / 5	___ / 5	Patient supine, head and neck unsupported, actively flexes neck while therapist applies resistance to forehead.
Neck extensors	___ / 5	___ / 5	Patient prone, head and neck unsupported, actively extends neck while therapist applies resistance to occiput.
Shoulder flexors	___ / 5	___ / 5	Patient seated, elbow extended, arm supinated; patient lifts arm forward and upward while therapist applies resistance.
Shoulder extensors	___ / 5	___ / 5	Patient seated, elbow extended, arm pronated; patient moves arm backward and downward while therapist applies resistance.
Shoulder abductors	___ / 5	___ / 5	Patient seated, elbow extended, arm neutral; patient lifts arm sideways and upward while therapist applies resistance.
Shoulder external rotators	___ / 5	___ / 5	Patient seated, elbow flexed at 90 degrees, forearm pronated; patient rotates forearm outward while therapist applies resistance.
Shoulder internal rotators	___ / 5	___ / 5	Patient seated, elbow flexed at 90 degrees, forearm supinated; patient rotates forearm inward while therapist applies resistance.
Elbow flexors	___ / 5	___ / 5	Patient seated, forearm supinated; patient bends elbow while therapist applies resistance to distal forearm.
Elbow extensors	___ / 5	___ / 5	Patient seated, forearm supinated; patient straightens elbow while therapist applies resistance to distal forearm.
Wrist flexors	___ / 5	___ / 5	Patient seated, forearm supported, wrist in neutral; patient flexes wrist while therapist applies resistance to dorsum of hand.
Wrist extensors	___ / 5	___ / 5	Patient seated, forearm supported, wrist in neutral; patient extends wrist while therapist applies resistance to palm.
Finger flexors	___ / 5	___ / 5	Patient seated, forearm supported, fingers extended; patient flexes fingers while therapist applies resistance to fingertips.
Finger extensors	___ / 5	___ / 5	Patient seated, forearm supported, fingers flexed; patient extends fingers while therapist applies resistance to dorsum of hand.
Finger abductors	___ / 5	___ / 5	Patient seated, forearm supported, fingers together; patient spreads fingers apart while therapist applies resistance.
Thumb flexors	___ / 5	___ / 5	Patient seated, forearm supported, thumb extended; patient flexes thumb while therapist applies resistance to thumb.

<b>Muscle group</b>	<b>Left side</b>	<b>Right side</b>	<b>Testing procedure</b>
Thumb extensors	___ / 5	___ / 5	Patient seated, forearm supported, thumb flexed; patient extends thumb while therapist applies resistance to thumb.
Thumb abductors	___ / 5	___ / 5	Patient seated, forearm supported, thumb adducted; patient moves thumb away from palm while therapist applies resistance.
Hip flexors	___ / 5	___ / 5	Patient supine, knee flexed at 90 degrees; patient lifts knee toward chest while therapist applies resistance to thigh.
Hip extensors	___ / 5	___ / 5	Patient prone, knee straight; patient lifts leg upward while therapist applies resistance to posterior thigh.
Hip abductors	___ / 5	___ / 5	Patient side lying, top leg straight; patient lifts top leg while therapist applies resistance to lateral thigh.
Hip external rotators	___ / 5	___ / 5	Patient seated, knee flexed at 90 degrees; patient rotates leg outward while therapist applies resistance to lateral ankle.
Hip internal rotators	___ / 5	___ / 5	Patient seated, knee flexed at 90 degrees; patient rotates leg inward while therapist applies resistance to medial ankle.
Knee flexors	___ / 5	___ / 5	Patient prone, knee straight; patient bends knee while therapist applies resistance to lower leg.
Knee extensors	___ / 5	___ / 5	Patient seated, knee bent; patient straightens knee while therapist applies resistance to lower leg.
Ankle dorsiflexors	___ / 5	___ / 5	Patient seated, foot unsupported; patient lifts foot up while therapist applies resistance to dorsum of foot.
Ankle plantar flexors	___ / 5	___ / 5	Patient seated, foot unsupported; patient pushes foot down while therapist applies resistance to sole of foot.
Ankle invertors	___ / 5	___ / 5	Patient seated, foot unsupported; patient turns sole of foot inward while therapist applies resistance to lateral foot.
Ankle evertors	___ / 5	___ / 5	Patient seated, foot unsupported; patient turns sole of foot outward while therapist applies resistance to medial foot.