

Motor Strength Test

Patient Information			
Name:			
Date:	Age:	Gender:	
Occupation:		Dominant hand:	

Motor Strength Test			
Muscle Group	Muscle Tested	Right Side	Left Side
Neck Flexors	Sternocleidomastoid		
	Scalenes		
Shoulder	Deltoid		
	Supraspinatus		
	Infraspinatus		
	Teres Minor		
	Teres Major		
Elbow	Biceps		
	Brachialis		
	Triceps		
Wrist	Extensors		
	Flexors		
Hand	Abductor pollicis brevis		
	Opponens pollicis		
	Lumbricals (digits 2 and 3)		
	Interossei (digits 2 and 4)		
	Adductor pollicis		
Hip	Gluteus medius		
	Gluteus maximus		
	Iliopsoas		
	Hamstrings		
Knee	Quadriceps		
	Hamstrings		

Motor Strength Test			
Muscle Group	Muscle Tested	Right Side	Left Side
Ankle	Dorsiflexors		
	Plantarflexors		
	Invertors		
	Evertors		

Scoring
0 = No muscle contraction
1 = Visible muscle contraction with no movement
2 = Movement with gravity eliminated
3 = Movement against gravity but not resistance
4 = Movement against gravity and some resistance
5 = Normal strength against full resistance

Interpretation

Comments