

**HACKETTSTOWN MEDICAL CENTER
PHYSICAL/OCCUPATIONAL THERAPY PROCEDURE MANUAL
MANUAL MUSCLE TEST**

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PURPOSE

Manual muscle testing is a form of isokinetic/isometric exercise and principles. It provides an objective data base for volitional movement. Grading follows set standards.

PROCEDURE

1. Patient must be relaxed and aware that their strength is being tested. Test the uninvolved side of body first.
2. Test the isolated muscle at its best mechanical advantage.
3. Take the joint through passive range of motion first; then proceed with active or resistive movement.
4. Check for sub situations.
5. Follow grades of zero (0), trace (1), poor (2), fair (3), good (4), or normal (5).