

# Manual Muscle Testing Tool

## Patient Information

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Date of Testing: \_\_\_\_\_

Therapist: \_\_\_\_\_

Medical History: \_\_\_\_\_

Relevant Diagnoses: \_\_\_\_\_

Precautions/Contraindications: \_\_\_\_\_

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	____ /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.

Muscle Group	LEFT Side	RIGHT Side	Testing Procedure
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.
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 sidelying, 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 Plantarflexors	____ /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.