

# Muscle Manual Testing (MMT) Grading Chart

Patient Information
Name:
ID Number:
Date of Birth:
Date of Evaluation:
Evaluator:

## Grading Scale

- **5 (Normal):** Complete range of motion against gravity with full resistance
- **4 (Good):** Complete range of motion against gravity with some resistance
- **3 (Fair):** Complete range of motion against gravity with no resistance
- **2 (Poor):** Complete range of motion without gravity (passive motion)
- **1 (Trace):** Slight contraction, no movement at the joint
- **0 (Zero):** No contraction

## Testing Procedure

- 1. Preparation:**  
Explain the procedure to the patient. Ensure the patient is in a comfortable and appropriate position for testing the specific muscle group.
- 2. Positioning:**  
Position the patient and stabilize the body part being tested to ensure accurate results.
- 3. Resistance and Movement:**  
Ask the patient to perform the movement against your resistance. Assess the strength and compare it with the expected norm for that muscle group.
- 4. Grading:**  
Assign a grade based on the patient's ability to complete the movement against gravity, with or without resistance.

## Results

Muscle Group	Left Side Grade	Right Side Grade	Comments
Shoulder Flexors			
Shoulder Extensors			
Elbow Flexors			

<b>Muscle Group</b>	<b>Left Side Grade</b>	<b>Right Side Grade</b>	<b>Comments</b>
Elbow Extensors			
Wrist Flexors			
Wrist Extensors			
Hand Grip			
Hip Flexors			
Hip Extensors			
Knee Flexors			
Knee Extensors			
Ankle Dorsiflexors			
Ankle Plantar Flexors			

<b>Evaluator's Notes</b>
Observations:
Recommendations:
Plan: