

# Muscle Weakness Test

Patient Information	
Name:	Date of Birth:
Age:	Date of Assessment:
Instructions	
<ul style="list-style-type: none"><li>• Perform each movement as instructed.</li><li>• Rate the effort honestly on a scale of 0 to 5, with 0 being unable to move the muscle and 5 being normal strength.</li></ul>	
Upper Extremities	
<b>1. Shoulder Abduction:</b>	
<ul style="list-style-type: none"><li>• Patient lifts arm straight out to the side.</li><li>• Examiner applies resistance at the wrist.</li></ul>	
Grade:	
<b>2. Elbow Flexion:</b>	
<ul style="list-style-type: none"><li>• Patient bends elbow, bringing hand towards shoulder.</li><li>• Examiner applies resistance against forearm.</li></ul>	
Grade:	
<b>3. Wrist Extension:</b>	
<ul style="list-style-type: none"><li>• Patient extends wrist upwards.</li><li>• Examiner applies resistance against dorsal surface of hand.</li></ul>	
Grade:	
<b>4. Grip Strength:</b>	
<ul style="list-style-type: none"><li>• Patient squeezes examiner's hand as hard as possible.</li><li>• Examiner applies resistance against patient's grip.</li></ul>	
Grade:	

## Lower Extremities:

### 1. Hip Flexion:

- Patient lifts leg straight up while lying down.
- Examiner applies resistance against thigh.

Grade:

### 2. Knee Extension:

- Patient straightens knee against resistance.
- Examiner applies resistance against shin.

Grade:

### 3. Ankle Dorsiflexion:

- Patient lifts toes towards shin.
- Examiner applies resistance against dorsal surface of foot.

Grade:

### 4. Toe Flexion:

- Patient curls toes downwards.
- Examiner applies resistance against plantar surface of toes.

Grade:

## Overall Strength Assessment

**Rate overall strength and endurance during the test:**

Grade:

## Comments / Notes