

Muscle Weakness Test

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