

Muscular Strength Test

Name:	Date:
Gender:	Age:
Brief Medical History:	

Note: Score each joint movement separately using the Oxford Scale (0-5). Record initial and current scores to track progress.

Score 0: No muscle contraction

Score 1: Visible muscle contraction with no movement

Score 2: Movement possible but not against gravity

Score 3: Movement possible against gravity but not resistance

Score 4: Movement possible against some resistance but weaker than normal

Score 5: Normal strength

Upper Extremities Strength Assessment

Movement	Initial Score	Current Score
Shoulder Flexion	2	3
Shoulder Extension	2	3
Shoulder Abduction	2	2
Shoulder Horizontal Adduction	2	3
Scapula Elevation	3	3
Scapular Retraction/Adduction	2	3
Elbow Flexion	2	3
Elbow Extension	2	3
Wrist Flexion	3	3
Wrist Extension	3	3

Lower Extremities Strength Assessment		
Movement	Initial Score	Current Score
Hip Flexion	1	2
Hip Extension	1	2
Hip Abduction	1	1
Hip Adduction	1	1
Hip External Rotation	1	2
Hip Internal Rotation	1	1
Knee Flexion	1	2
Knee Extension	1	2
Plantarflexion	2	2
Dorsiflexion	1	2
Ankle Eversion	2	2
Ankle Inversion	2	2
Health Professional's Observations, Recommendations, and Notes		
<p>Johnny has shown a slight improvement in the strength of his lower extremities since his last evaluation. However, his mobility remains significantly impaired due to his sedentary lifestyle and the recent fall.</p> <p>Recommend a focused physical therapy regimen to improve mobility and strength, especially in the lower extremities. Encourage gradual increase in physical activity with monitored exercises tailored to enhance muscular strength and flexibility.</p>		

Name of Health Professional and Signature:

Dr. Emily Stone

Name of Practice:

Body Wellness Physical Therapy Center