

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		
Shoulder Extension		
Shoulder Abduction		
Shoulder Horizontal Adduction		
Scapula Elevation		
Scapular Retraction/Adduction		
Elbow Flexion		
Elbow Extension		
Wrist Flexion		
Wrist Extension		

Lower Extremities Strength Assessment		
Movement	Initial Score	Current Score
Hip Flexion		
Hip Extension		
Hip Abduction		
Hip Adduction		
Hip External Rotation		
Hip Internal Rotation		
Knee Flexion		
Knee Extension		
Plantarflexion		
Dorsiflexion		
Ankle Eversion		
Ankle Inversion		
Health Professional's Observations, Recommendations, and Notes		

Name of Health Professional and Signature:

Name of Practice: