

PROCEDURE

ORIGINAL DATE: 02/95

Revised Date: 08/02

SUBJECT: MANUAL MUSCLE TESTING SCALE

PURPOSE: To ensure accurate, consistent interpretation of manual muscle test findings.

The following guidelines will be used to determine strength grade:

<i>Results/Grade</i>	<i>Rationale</i>
Zero/0	No palpable contraction
Trace/1	Palpable muscle contraction but no joint movement, gravity eliminated
Trace Plus/1+	Less than or equal to half active range with gravity eliminated
Poor Minus/2-	Movement greater than half range but less than full range, gravity eliminated
Poor/2	Full range, gravity eliminated, cannot take resistance nor initiate against gravity.
Poor Plus/2+	Completes less than or equal to half range actively against gravity and completes full range with gravity eliminated. If patient cannot assume fair position, resistance in gravity eliminated, position can be graded poor plus.
Fair Minus/3-	Greater than half but less than full range in an antigravity position.
Fair/3	Full range, antigravity, cannot take resistance.
Fair Plus/3+	Complete range against gravity with minimal resistance.
Good Minus/4-	Completes range against gravity with slightly greater than minimal resistance.

<i>Results/Grade</i>	<i>Rationale</i>
Good/4	Completes range against gravity with Moderate resistance.
Good Plus/4+	Completes range against gravity with slightly greater than moderate resistance.
Normal/5	Completes range against gravity with maximal resistance.

Nature of Change: HW format vs. paper.