Example Score Card for Manual Muscle Testing

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| --- | --- | --- |
| **Grade** | **Comment** | **Description** |
| 5 | Normal | Completes ROM against gravity, maximal resistance |
| 4 + | Good + | Completes ROM against  gravity with moderate-maximal resistance |
| 4 | Good | Completes ROM against gravity with moderate resistance |
| 4 - | Good - | Completes ROM against gravity with minimal-moderate resistance |
| 3 + | Fair + | Completes ROM against gravity with only minimal resistance |
| 3 | Fair | Completes ROM against gravity without manual resistance |
| 3 - | Fair - | Doesn’t complete the ROM against gravity, but at least half of the range |
| 2 + | Poor + | Able to initiate movement against gravity |
| 2 | Poor | Completes ROM with gravity eliminated |
| 2 - | Poor - | Doesn’t complete ROM in a gravity eliminated position |
| 1 | Trace | Muscle contraction can be palpated, but there is no joint movement |
| 0 | Zero | Patient demonstrates no palpable muscle contraction |



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