

# Manual muscles test

## General guideline for assessing strength

Good (G) to normal (N) endurance and muscle strength: the client will **be able to perform all ordinary ADLs** and IADLs work, play, and enjoy leisure and social participation occupation without undue fatigue.

Fair plus (F+) muscle strength: the client will **have low endurance and will fatigue more easily than a client with G to N** muscle strength, the client will be able to perform many basic ADLs and IADLs independently but **may need frequent rest** periods. Work, play and some social participation occupations may prove to be too strenuous.

Fair (F) muscle strength: the client with F muscle strength will be able to move parts of the body against gravity and perform light task that require little or no resistance. Low endurance is a big problem and will limit the amount of activities that can be done. The client with low endurance will be able to eat finger foods and perform light hygiene if given the time and the rest periods needed.

Poor (P) strength: is considered below functional range, but the client will be able to perform some ADLs without mechanical assistance and can maintain ROM independently.

Muscle grade of trace (T) and zero (0): clients in this condition will be completely dependent and unable to perform ADLs without externally powered devices. Some activities will be possible with special controls on equipment, as power wheelchairs and electronic communication devices such as voice recognition computer and environmental control systems.

Grading Scale Range: 0 to 5

0	• None	No visible or palpable contraction
1	• Trace	Visible or palpable contraction with no motion ( a 1 )
2	• Poor	Full ROM gravity eliminated
3	• Fair	Full ROM against gravity
4	• Good	Full ROM against gravity, moderate resistance
5	• Normal	Full ROM against gravity, maximul resistance



0	0		No visible or palpable contraction
<b>Trace</b>	<b>I</b>	<b>1</b>	<b>Visible or palpable contraction (No ROM)</b>
<hr/>			
Poor <sup>-</sup>		2 <sup>-</sup>	Partial ROM, gravity eliminated
<b>Poor</b>	<b>II</b>	<b>2</b>	<b>Full ROM, gravity eliminated</b>
Poor <sup>+</sup>		2 <sup>+</sup>	Gravity eliminated/slight resistance or < 1/2 range against gravity
<hr/>			
Fair <sup>-</sup>		3 <sup>-</sup>	> 1/2 but < Full ROM, against gravity
<b>Fair</b>	<b>III</b>	<b>3</b>	<b>Full ROM against gravity</b>
Fair <sup>+</sup>		3 <sup>+</sup>	Full ROM against gravity, slight resistance
<hr/>			
Good <sup>-</sup>		4 <sup>-</sup>	Full ROM against gravity, mild resistance
<b>Good</b>	<b>IV</b>	<b>4</b>	<b>Full ROM against gravity, moderate resistance</b>
Good <sup>+</sup>		4 <sup>+</sup>	Full ROM against gravity, almost full resistance
<hr/>			
<b>Normal</b>	<b>V</b>		<b>Normal, maximal resistance</b>













جامعة  
المنارة





جامعة  
المنارة  
MANARA UNIVERSITY









جامعة  
المنارة













جامعة  
المنارة  
MANARA UNIVERSITY







<b>Muscle Groups</b>	<b>Anti-Gravity Position</b>	<b>Gravity-Eliminated Position</b>
Deltoid	Sitting	Supine
Biceps	Sitting	Sitting/Sidelying
Wrist extensors	Sitting	Neutral
Quadriceps	Sitting	Sidelying
Ankle dorsiflexors	Sitting	Sidelying
Neck flexors	Supine	Sidelying
Gluteus medius	Sidelying	Supine
Gluteus maximus	Prone	Sidelying