



Manual Muscle Testing



| Gravity | Number Grade | Letter Grade | Definition |
|------------|--------------|-----------------|---|
| Against | 5 | Normal (N) | Full ROM against gravity with max resistance |
| Against | 4+ | Good plus (G+) | Full ROM against gravity less than max resistance but less mod resistance |
| Against | 4 | Good (G) | Full ROM against gravity with mod resistance |
| Against | 4- | Good minus (G-) | Full ROM against gravity less than mod resistance |
| Against | 3+ | Fair plus (F+) | Full ROM against gravity with min resistance |
| Against | 3 | Fair (F) | Partial full ROM against gravity with no resistance |
| Against | 3- | Fair minus (F-) | Less than full ROM against gravity (more than 50%) |
| Against | 2+ | Poor plus (P+) | Full ROM on gravity-eliminated plane with minimal resistance |
| Eliminated | 2 | Poor (P) | Full ROM on gravity-eliminate plane with no resistance |
| Eliminated | 2- | Poor minus (P-) | Less than full range of motion on gravity-eliminated plane |
| Eliminated | 1 | Trace | Contraction when palpated |
| Eliminated | 0 | Zero (0) | No tension or contraction when palpated |

Manual Muscle Test System

**Barbara J. Hoogenboom, Michael L.
Voight, William E. Prentice**



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