

**Table 1: Comparison of MMT grades[3]**

<b>Medical Research Council[4]</b>	<b>Daniels and Worthingham[5]</b>	<b>Kendall and McCreary[6]</b>	<b>Explanation</b>
<b>5</b>	<b>Normal(N)</b>	<b>100%</b>	<b>Holds test position against maximal resistance</b>
<b>4+</b>	<b>Good + (G+)</b>		Holds test position against moderate to strong pressure
<b>4</b>	<b>Good(G)</b>	<b>80%</b>	<b>Holds test position against moderate resistance</b>
<b>4-</b>	<b>Good - (G-)</b>		Holds test position against slight to moderate pressure
<b>3+</b>	<b>Fair + (F+)</b>		Holds test position against slight resistance
<b>3</b>	<b>Fair (F)</b>	<b>50%</b>	<b>Holds test position against gravity</b>
<b>3-</b>	<b>Fair- (F-)</b>		Gradual release from test position
<b>2+</b>	<b>Poor + (P+)</b>		Moves through partial ROM against gravity OR Moves through complete ROM gravity eliminated and holds against pressure
<b>2</b>	<b>Poor(P)</b>	<b>20%</b>	<b>Able to move through full ROM gravity eliminated</b>
<b>2-</b>	<b>Poor - (P-)</b>		Moves through partial ROM gravity eliminated
<b>1</b>	<b>Trace(T)</b>	<b>5%</b>	<b>No visible movement; palpable or observable tendon prominence/flicker contraction</b>
<b>0</b>	<b>0</b>	<b>0%</b>	<b>No palpable or observable muscle contraction</b>

# Manual Muscle Testing Definition

**Victor M. Corman**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle positioned behind the bar's end.

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