

## **APPENDIX B**

### **GENERAL PROCEDURE FOR MANUAL MUSCLE TESTING**

- The subject should be positioned in a manner that ensures accurate testing and addresses comfort. The test position may need to be modified occasionally to minimize stress on other parts of the body.
- The subject should be positioned so that support is provided to the body as a whole so that the subject can focus on the body part being tested.
- The body part being tested should initially be placed in an anti-gravity position. If the muscles are too weak to function against gravity, the body part should be placed in a position in which gravity is minimized.
- The proximal aspect of the tested body part should be stabilized to decrease the compensatory action of other muscles that are not being tested.
- Resistance given during testing should be directly opposite to the “line of pull” of the muscles being tested.
- Resistance should be gradual and uniform, not sudden or “jerky.” A long lever arm should be used unless contraindicated.
- Both sides of the body should be tested when appropriate to provide a comparison. This is especially important if there is a known injury/pathology of the tested side.