

CONTENTS

List of Plates

- Plate 1 Flexion and Extension of the Head and Neck, 25
- Plate 2 Cardinal Planes of the Scapula, 90
- Plate 3 Cross Sections of the Arm Muscles in Chest, 116
- Plate 4 Cross Sections of the Arm and Forearm, 164
- Plate 5 Motions of the Thumb, 200
- Plate 6 Cross Sections of the Thigh, 241
- Plate 7 Cross Sections of the Leg, 282

Introduction

- Brief History of Muscle Testing, xi
- How to Use This Book, xii
- Names of the Muscles, xiii
- Anatomical Authorities, xiii
- The Convention of Arrows in the Text, xiii

Chapter 1

Principles of Manual Muscle Testing, 1

- Grading System, 2
- Overview of Test Procedures, 2
- Criteria for Assigning a Muscle Test Grade, 3
- Screening Tests, 6
- Preparing for the Muscle Test, 6
- Exercises, 9
- Prime Movers, 10

Chapter 2

Relevance and Limitations of Manual Muscle Testing, 11

- Introduction, 12
- The Examiner and the Value of the Muscle Test, 12
- Influence of the Patient on the Test, 13
- Use of Manual Muscle Testing in Various Clinical Settings, 13
- Limitations of Manual Muscle Testing, 16

Chapter 3

Testing the Muscles of the Neck, 19

- Capital Extension, 21
- Cervical Extension, 26
- Capital Flexion (Chin Tuck), 30

- Cervical Flexion, 34
- Flexion to Isolate a Single Sternocleidomastoid, 38
- Cervical Rotation, 39

Chapter 4

Testing the Muscles of the Trunk and Pelvic Floor, 41

- Trunk Extension, 42
- Lumbar Spine, 45
- Thoracic Spine, 46
- Elevation of the Pelvis, 49
- Trunk Flexion, 53
- Trunk Rotation, 59
- Core Tests, 64
- Core Strength, Stability, and Endurance, 64
- Quiet Inspiration, 71
- Diaphragm, 75
- Intercostals, 77
- Forced Expiration, 78
- Pelvic Floor, 81

Chapter 5

Testing the Muscles of the Upper Extremity, 89

- Introduction to Shoulder Girdle Strength Testing, 91
- Scapular Abduction and Upward Rotation, 94
- Scapular Elevation, 98
- Scapular Adduction (Retraction), 101
- Scapular Depression and Adduction, 104
- Scapular Adduction (Retraction) and Downward Rotation, 107
- Latissimus Dorsi, 112
- Introduction to Testing the Deltoid, 117
- Shoulder Flexion, 118
- Shoulder Extension, 122
- Shoulder Abduction, 126
- Shoulder Horizontal Abduction, 131
- Shoulder Horizontal Adduction, 134
- Introduction to the Rotator Cuff, 138
- Shoulder External Rotation, 139
- Shoulder Internal Rotation, 144
- Elbow Flexion, 150
- Elbow Extension, 155
- Forearm Supination, 160
- Forearm Pronation, 165

Wrist Flexion, 169
Wrist Extension, 174
Introduction to Testing the Muscles of the Hand, 179
 Extrinsic Muscles, 179
Finger PIP and DIP Flexion, 180
 Combined DIP and PIP Tests, 182
PIP Tests, 183
DIP Tests, 185
Finger MCP Extension, 186
 Intrinsic Muscles, 189
Finger MCP Flexion, 190
Finger Abduction, 195
Finger Adduction, 197
 Thumb Muscles, 199
Thumb MCP and IP Flexion, 201
Thumb IP Flexion, 204
Thumb MCP and IP Extension, 205
Thumb Abduction, 209
 Abductor Pollicis Longus, 210
 Abductor Pollicis Brevis, 211
Thumb Adduction, 212
Opposition (Thumb to Little Finger), 215
Grip Strength, 218

Chapter 6

Testing the Muscles of the Lower Extremity, 225

Hip Flexion, 226
Hip Flexion, Abduction, and External Rotation With Knee Flexion, 231
Hip Extension, 234
 Hip Extension Test to Isolate Gluteus Maximus, 238
 Hip Extension Tests Modified for Hip Flexion Tightness, 240
 Supine Hip Extension Test, 242
Hip Abduction, 244
Hip Abduction From Flexed Position, 249
Hip Adduction, 252
Hip External Rotation, 257
Hip Internal Rotation, 261
Knee Flexion, 264
 Hamstring Muscles in Aggregate, 266
 Medial Hamstring Test (Semitendinosus and Semimembranosus), 266
 Lateral Hamstring Test (Biceps Femoris), 267
Knee Extension, 270
Ankle Plantar Flexion, 276
 Gastrocnemius and Soleus Test, 278
Foot Dorsiflexion and Inversion, 283
Foot Inversion, 286

Foot Eversion With Plantar Flexion, 289
Hallux and Toe MP Flexion, 293
 Hallux MP Flexion, 295
 Toe MP Flexion, 296
Hallux and Toe DIP and PIP Flexion, 297
Hallux and Toe MP and IP Extension, 300

Chapter 7

Alternatives to Manual Muscle Testing, 307

Introduction, 308
 One-repetition Maximum Test, 309
 Multiple-repetition Maximum Test, 310
Equipment-Based Strength Testing, 311
 Sitting Unilateral Knee Extension Test, 311
 Leg Press Test, 312
 Latissimus Dorsi Pull-Down Test, 314
 Free Weights Testing, 315
 Isokinetic Testing, 317
 Elastic Band Testing, 318
 Isometric Cable Tensiometry Testing, 320
Power Testing, 321
Body-Weight Testing, 327
Cyriax Method of Testing Contractile Lesions, 329

Chapter 8

Testing Functional Performance, 331

Introduction, 332
Chair Stand, 334
Gait Speed, 337
Physical Performance Test and Modified Physical Performance Test, 340
Timed Up and Go, 351
Stair Climb, 353
Floor Rise, 355
Gait, 357

Chapter 9

Handheld Muscle Dynamometry, 361

Introduction, 362
Shoulder Flexion, 364
Shoulder Extension, 365
Shoulder Abduction, 366
Shoulder External Rotation, 367
Shoulder Internal Rotation, 368
Elbow Flexion, 369
Elbow Extension, 370
Wrist Extension, 371
Hip Flexion, 372
Hip Extension, 373

Hip Abduction, 374
Hip External Rotation, 375
Hip Internal Rotation, 376
Knee Flexion, 377
Knee Extension, 378
Foot Dorsiflexion and Inversion, 379

Chapter 10

Case Studies

Case 1. Shoulder Pain, 384
Case 2. Compromised Gait and Function
Secondary to Muscle Weakness, 385

Case 3. Fatigue Secondary to Muscle
Weakness, 386
Case 4. Muscle Weakness Following Nerve
Injury, 387
Case 5. Muscle Weakness Following Hip
Surgery, 388
Case 6. Muscle Weakness Following
Childbirth, 388

Index, 391