# CONTENTS

# List of Plates

- Plate 1 Flexion and Extension of the Head and Neck, 31
- Plate 2 Cardinal Planes of the Scapula, 96
- Plate 3 Cross Sections of the Arm Muscles in Chest, 123
- Plate 4 Cross Sections of the Arm and Forearm, 172
- Plate 5 Motions of the Thumb, 209
- Plate 6 Cross Sections of the Thigh, 251
- Plate 7 Cross Sections of the Leg, 289

# Introduction

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

# Chapter 1

#### Principles of Manual Muscle Testing, 1

Principles, 2 Grading System, 2 Overview of Test Procedures, 2 Criteria for Assigning a Muscle Test Grade, 4

How to Use This Book, 7 Preparing for the Muscle Test, 7 Prime Movers, 7 Exercises, 10

Muscle Testing, 11 Summary, 12

# Chapter 2

# Practical Considerations for Manual Muscle Testing, 13

Introduction, 14
The Clinician and the Value of the Muscle Test, 15
Influence of the Patient on the Test, 16
Use of Manual Muscle and Strength Testing in Various Clinical Settings, 17
Acute Care Facilities, 17

Acute Care Facilities, 17 Acute Rehabilitation Facilities, 17 Long-Term Care Facilities, 18 Home Health Setting, 18 Outpatient Clinics, 18 Wellness Clinics, 19 Summary, 19

# Limitations of Manual Muscle Testing, 20

Population Variation, 20 Objectivity, 20 Reliability and Validity, 20 Sensitivity, 20 Diagnostic Validity, 21 Ceiling Effect, 21 Tester Strength, 21

Summary, 22

#### Chapter 3

#### Testing the Muscles of the Neck, 25

Testing the Muscles of the Neck, 26 Introduction, 26 Capital Extension, 27 Cervical Extension, 32 Capital Flexion (Chin Tuck), 36 Cervical Flexion, 40 Flexion to Isolate a Single Sternocleidomastoid, 44 Cervical Rotation, 45

#### Chapter 4

# Testing the Muscles of the Trunk and Pelvic Floor, 47

Trunk Extension, 48 Lumbar Spine, 51 Thoracic Spine 52 Elevation of the Pelvis, 55 Trunk Flexion, 59 Trunk Rotation, 65 Core Tests, 70 Core Strength, Stability, and Endurance, 70 Quiet Inspiration, 77 Diaphragm, 79 Intercostals, 81 Forced Expiration, 82 Pelvic Floor, 85

# Chapter 5

#### Testing the Muscles of the Upper Extremity, 95

Shoulder Girdle Strength Testing, 97 Introduction, 97
Scapular Abduction (Protraction) and Upward Rotation, 100
Scapular Elevation, 105
Scapular Adduction (Retraction), 108 Scapular Depression and Adduction, 111 Scapular Adduction (Retraction) and Downward Rotation, 114 Latissimus Dorsi, 119 Introduction to Testing the Deltoid, 124 Shoulder Flexion, 125 Shoulder Extension, 129 Shoulder Abduction, 133 Shoulder Horizontal Abduction, 138 Shoulder Horizontal Adduction, 141 Introduction to the Rotator Cuff, 145 Shoulder External Rotation, 146 Shoulder Internal Rotation, 151 Elbow Flexion, 157 Elbow Extension, 162 Forearm Supination, 168 Forearm Pronation, 173 Wrist Flexion, 177 Wrist Extension, 182 Introduction to Muscle Testing of the Hand, 188 Extrinsic Muscles, 188 Finger PIP and DIP Flexion, 189 Combined DIP and PIP Tests, 191 PIP Tests, 192 DIP Tests, 194 Finger MCP Extension, 195 Finger MCP Flexion, 198 Intrinsic Muscles, 198 Finger Abduction, 204 Finger Adduction, 206 Thumb Muscles, 208 Thumb MCP and IP Flexion, 210 Thumb IP Flexion, 213 Thumb MCP and IP Extension, 214 Thumb Abduction, 218 Abductor Pollicis Longus, 219 Abductor Pollicis Brevis, 220 Thumb Adduction, 221 Opposition (Thumb to Little Finger), 225 Grip Strength, 229

# Chapter 6

#### Testing the Muscles of the Lower Extremity, 235

Hip Flexion, 236Hip Flexion, Abduction, and External Rotation With Knee Flexion, 241

Hip Extension, 244 Hip Extension Test to Isolate Gluteus Maximus, 248

Hip Extension Tests Modified for Hip Flexion Tightness, 250 Supine Hip Extension Test, 252 Hip External Rotation, 254 Hip Internal Rotation, 258 Hip Abduction and Pelvic Stabilization, 261 Hip Abduction from Flexed Position, 266 Hip Adduction, 268 Knee Flexion, 273 Hamstring Muscles in Aggregate, 275 Medial Hamstring Test (Semitendinosus and Semimembranosus), 275 Lateral Hamstring Test (Biceps Femoris), 276 Knee Extension, 278 Ankle Plantar Flexion, 283 Gastrocnemius and Soleus Combined Test, 285 Foot Dorsiflexion and Inversion, 290 Foot Inversion, 293 Foot Eversion With Plantar Flexion, 296 Hallux and Toe Metatarsophalangeal (MP) Flexion, 300 Hallux MP Flexion, 302 Toe MP Flexion, 303 Hallux and Toe DIP and PIP Flexion, 304 Hallux and Toe MP and IP Extension, 307

#### Chapter 7

#### Alternatives to Manual Muscle Testing, 313

Alternatives to Manual Muscle Testing, 314 Introduction, 314 General Testing Considerations, 314 One-Repetition Maximum Test, 315
Equipment-Based Strength Testing, 317 Interpretation of Equipment-Based Strength Testing Data, 317 Sitting Unilateral Knee Extension Test, 317 Power Testing, 326 Body Weight Testing, 333 Cyriax Method of Testing Contractile Lesions, 334

#### Chapter 8

# **Testing Functional Performance, 337**

Testing Functional Performance, 338 Introduction, 338 Chair Stand, 340 Gait Speed, 343 Physical Performance Test and Modified Physical Performance Test, 346 Timed Up and Go, 356 Stair Climb, 359 Floor Rise, 361 Gait, 363

# Chapter 9

#### Handheld Muscle Dynamometry, 369

Handheld Muscle Dynamometry, 370 Introduction, 370 Instrumentation, 370 Summary, 373 Shoulder Flexion, 374 Shoulder Extension, 375 Shoulder Abduction, 376 Shoulder External Rotation, 377 Shoulder Internal Rotation, 378 Elbow Flexion, 379 Elbow Extension, 380 Wrist Extension, 381 Hip Flexion, 382 Hip Extension, 383 Hip Extension Tests Modified for Hip Flexion Tightness, 383 Hip Abduction, 384

Hip External Rotation, 385 Hip Internal Rotation, 386 Knee Flexion, 387 Knee Extension, 388 Foot Dorsiflexion and Inversion, 389

# Chapter 10

# Case Studies, 393

Introduction, 394

Case 1: Shoulder Pain, 394

- Case 2: Compromised Gait and Function Secondary to Muscle Weakness, 395
- Case 3: Fatigue Secondary to Muscle Weakness, 397
- Case 4: Muscle Weakness Following Nerve Injury, 398
- Case 5: Muscle Weakness Following Hip Surgery, 399
- Case 6: Muscle Weakness Following Childbirth, 399

Index, 401