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Sidelying with test limb superior to the supporting limb. Lower limb can be flexed for stability. Hold test limb in about 90° of knee flexion with the hip in full extension. Position of Therapist: The therapist stands behind patient at knee level. One arm cradles test limb around thigh with hand supporting underside of

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knee. The other hand

## **MANUAL MUSCLE TESTING PROCEDURES For MMT8 TESTING**

This table provides a preferred order to the testing of muscle groups for manual muscle testing. Generally, for bilateral muscle testing, each muscle group is first tested on the right and then the left, prior to proceeding to the next muscle group in the list. Some muscle groups are listed here with anti-gravity testing, but for a weaker patient, these would be tested in a sidelying or supine position, per the table below (Testing Positions); the re-test for a weaker patient is indicated in ...

### **muscle grading and testing procedures**

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5.0 out of 5 stars Handbook is very useful for muscle testing and meridians Reviewed in the United States on December 29, 2015

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The handbook carefully explains testing procedures for almost 100 individual muscles; many more than are found in other texts on the subject. In a unique, quick reference approach, the book not only reviews muscle anatomy and physiology, but also offers many clinical pearls with regard to possible causes of muscle dysfunction.

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