

MANUAL MUSCLE TEST

	Date	
	R or L	
MEDIAN NERVE		
	Pronator Teres	C6-C7
	Flexor Carpi Radialis	C6-C7-(C8)
	Flexor Digitorum Superficialis 1	
	2	
	3	
	4	
	Flexor Digitorum Profundus 1	(C7) C8-T1
	2	
	Flexor Pollicis Longus	(C7) C8-T1
	Flexor Pollicis Brevis	
	(Superficial Head)	C6-C8-T1
	Abductor Pollicis Brevis	C6-C7-C8-T1
	Opponens Pollicis	C6-C8-T1
	Lumbricals 1 & 2	(C7)-C8-T1
RADIAL NERVE		
	Triceps	C6-C8-T1
	Brachioradialis	C5-C6
	Supinator	(C5)-C6
	Extensor Digitorum Communis 1	C6-C8
	2	
	3	
	4	
	Extensor Carpi Radialis Longus	C6-C7
	Extensor Carpi Radialis Brevis	C6-C7
	Extensor Carpi Ulnaris	(C6) C7-C8
	Extensor Digiti Minimi	C6-C7-C8
	Extensor Indicis Proprius	C6-C7-C8
	Extensor Pollicis Longus	(C6) C7-C8
	Extensor Pollicis Brevis	(C6) C7-C8
	Abductor Pollicis Longus	(C6) C7-C8
ULNAR NERVE		
	Flexor Pollicis Brevis (Deep Head)	C6-C8-T1
	Flexor Carpi Ulnaris	(C7) C8 (T1)
	Flexor Digitorum Profundus 3	(C7) C8-T1
	4	
	Abductor Pollicis	C8-T1
	Abductor Digiti Minimi	C8-T1
	Dorsal Interossei 1	C8-T1
	2	
	3	
	4	
	Volar Interossei 1	C8-T1
	2	
	3	
	Lumbricals 3 & 4	C8-T1

Patient Name: _____

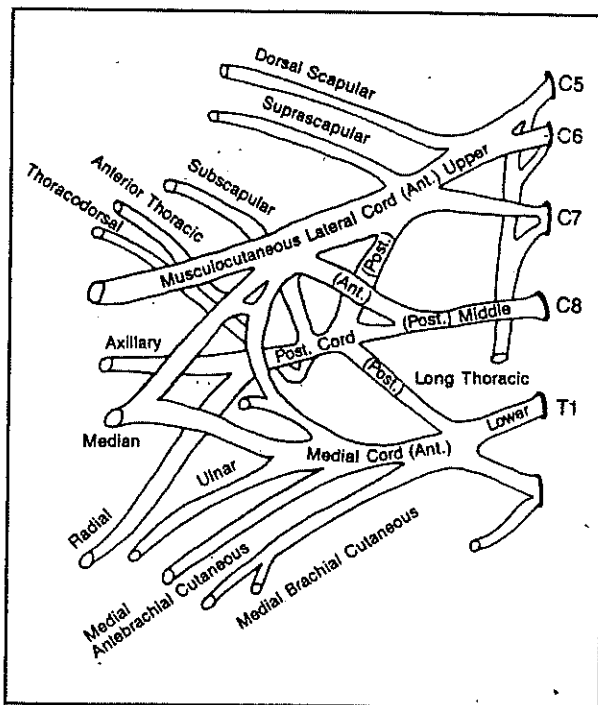
Number: _____

Diagnosis: _____

Uninvolved Extremity: Normal _____

See Comments _____

COMMENTS:



KEY

- Normal (5) — Holds test position against gravity with maximal resistance.
- Good (4) — Holds test position against gravity with moderate resistance.
- Fair (3) — Holds test position against gravity.
- Poor (2) — Holds test position with gravity eliminated.
- Trace (1) — Barely visible or palpable contraction.
- Zero (0) — No contraction.
- P — Pain a limiting factor.
- () — Strength within available limited ROM.
- + or — — When indicated.

Therapist's Signature _____

WHITE — THERAPIST

PINK - PHYSICIAN