**Manual Muscle Testing Grading System**

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| Grading Scale Range: 0 to 5 |
| 0 |  None | No visible or palpable contraction |
| 1 |  Trace | Visible or palpable contraction with no motion ( a 1 ) |
| 2 |  Poor | Full ROM gravity eliminated |
| 3 |  Fair | Full ROM against gravity |
| 4 |  Good | Full ROM against gravity, moderate resistance |
| 5 |  Normal | Full ROM against gravity, maximul resistance |

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| --- | --- | --- | --- |
| 0 | 0 |  | No visible or palpable contraction |
| **Trace** | **I** | **1** | **Visible or palpable contraction (No ROM)** |
|  |
| Poor- |  | 2- | Partial ROM, gravity eliminated |
| **Poor** | **II** | **2** | **Full ROM, gravity eliminated** |
| Poor+ |  | 2+ | Gravity eliminated/slight resistance or < 1/2 range against gravity |
|  |
| Fair- |  | 3- | > 1/2 but < Full ROM, against gravity |
| **Fair** | **III** | **3** | **Full ROM against gravity** |
| Fair+ |  | 3+ | Full ROM against gravity, slight resistance |
|  |
| Good- |  | 4- | Full ROM against gravity, mild resistance |
| **Good** | **IV** | **4** | **Full ROM against gravity, moderate resistance** |
| Good+ |  | 4+ | Full ROM against gravity, almost full resistance |
|  |
| **Normal** | **V** |  | **Normal, maximal resistance** |

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<http://www.scottsevinsky.com/pt/mmt.html>