

## Manual Muscle Testing Grading System

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

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