

# Manual muscle testing

## The purpose of muscle test:

- Is to provide information that may be of assistance to a number of health professional in differential diagnosis, treatment planning and prognosis.
- To assess muscle strength, the therapist must have a sound knowledge of anatomy and surface anatomy.
- The therapist must be a keen observer and be experienced in muscle testing to detect minimal muscle concentration, movement, and or muscle wasting and substitution or trick movements.
- A consistent method of manually testing muscle strength is essential to assess accurately a patient's present status, progress, and the effectiveness, of the treatment program.

# Validity Of Manual Muscle Testing

**Lingjun Ying**



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