



Summary of Manual Muscle Testing



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Hip Extension in Prone

Hip Extension in prone

- Position the MMT just proximal to the knee
- Bend the knee to 90 deg (to shorten the hamstrings)
- Ask the patient to lift the leg off the bed (about 5-10deg) to meet the MMT and apply maximal isometric resistance



Hip Ext Rot in Prone 0 deg

Hip Ext Rot in Prone 0 deg

- Bend the knee to 90 deg
- Position the MMT just proximal to the med malleolus
- Ask the patient to push medially to meet the MMT and apply maximal isometric resistance



Hip Int Rot in Prone 0 deg

Hip Int Rot in Prone 0 deg

- Bend the knee to 90 deg
- Position the MMT just proximal to the lat malleolus
- Ask the patient to push laterally to meet the MMT and apply maximal isometric resistance



Hams str in Prone 45 deg

Hams strength in prone 45 deg

- Bend the knee to 45 deg
- Position the MMT just proximal to the achilles (around the MTJ of the calf)
- Ask the patient to bend the knee to meet the MMT and apply maximal isometric resistance



Hip Flexion in supine 45 deg

Hip Flexion in supine 45 deg

- Bend the hip to 45 deg
- Position the MMT just proximal to the knee
- Ask the patient to bring their knee up towards their chest to meet the MMT and apply maximal isometric resistance



Hip IR in supine, full Ext Rot

Hip Int Rot in supine, from full Ext Rot (For Glut medius)

- Bend the hip to 90 deg, fully externally rotate the hip
- Position the MMT just proximal lat malleolus
- Ask the patient to rotated the hip into internal rotation to meet the MMT and apply maximal isometric resistance



Knee ext in supine, 20 deg

Knee ext in supine, 20 deg knee flexion (Quadriceps)

- Put the foam roller under the knees to hold the knee is the right position
- Position the MMT just proximal to the ankle (place a towel over the shin)
- Ask the patient to extend the knee, let the knee extend about 5-10 to meet the MMT and apply maximal isometric resistance



Ankle inv in supine

Ankle inv in supine, from neutral

- Position the MMT just proximal to the 1st MTP in the medial side of the ankle
- Ask the patient to push medially to meet the MMT and apply maximal isometric resistance



Single leg calf raises in standing

Single leg calf raises in standing

- Standing against the wall, on one foot only
- Coming up to the toes, full range then lower the heel to the ground
- Count the number of full range (and good quality) calf raises are performed up to 30



Empty can test

Empty can test in standing or sitting

- Ask the patient to hold their arm just below 90 deg abduction, full internal rotation of the shoulder and horz flexion about 30 deg
- Position the MMT just proximal to the wrist
- Ask the patient to push up to meet the MMT and apply maximal isometric resistance



Shoulder ER in 0 deg sh abd

Shoulder ER in 0 deg shoulder abduction

- Ask the patient to hold their arm by their side, elbow bent at 90 deg, forearm in mid-pron/supernation
- Position the MMT just proximal to the wrist on the dorsal surface
- Ask the patient to push laterally up to meet the MMT and apply maximal isometric resistance



Shoulder IR in 0 deg sh abd

Shoulder IR in 0 deg shoulder abduction

- Ask the patient to hold their arm by their side, elbow bent at 90 deg, forearm in mid-pron/supernation
- Position the MMT just proximal to the wrist on the palmar surface
- Ask the patient to push medially up to meet the MMT and apply maximal isometric resistance

