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| Number Grade | Word (Letter) Grade | Definition |
| 0 | Zero (0) | No muscle contraction can be seen or felt. |
| 1 | Trace (T) | Contraction can be felt, but there is no motion |
| 2 | Poor Minus (P-) | Part moves through incomplete ROM with gravity decreased |
| 2 | Poor (P) | Part moves through compete ROM with gravity decreased |
| 2+ | Poor Plus (+) | Part moves through incomplete ROM (<50%) against gravity or through compete ROM with gravity decreased against slight resistance |
| 3 | Fair minus (F-) | Part moves through incomplete ROM (<50%) against gravity |
| 3 | Fair (F) | Part moves through compete ROM against gravity |
| 3+ | Fair Plus (F+) | Part moves through complete ROM against gravity and slight resistance |
| 4 | Good (G) | Part moves through complete ROM against gravity and moderate resistance |
| 5 | Normal (N) | Part moves through complete ROM against gravity and full resistance |

**Muscles Grades in Manual Muscles Testing**

Definitions

**Manual Muscle Test**: Means of measuring the maximal contraction of a muscle or muscle group

**Passive Range of Motion (PROM):** the measure of the range available to the patient **Hypertrophy**: overdevelopment

**Atrophy**: Wasting away

Range of Motion can be maintained independently