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Sidelying with test limb superior to the supporting limb. Lower limb can be flexed for stability. Hold test limb in about 90° of knee flexion with the hip in full extension. Position of Therapist: The therapist stands behind patient at knee level. One arm cradles test limb around thigh with hand supporting underside of knee. The

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other hand

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MANUAL MUSCLE TESTING

PROCEDURES For MMT8 TESTING

This table provides a preferred order to the testing of muscle groups for manual muscle testing.

Generally, for bilateral muscle testing, each muscle group is first tested on the right and then the left, prior to proceeding to the next

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muscle group in the list. Some muscle groups are listed here with anti-gravity testing, but for a weaker patient, these would be tested in a sidelying or supine position, per the table below (Testing Positions); the re-test for a weaker patient is indicated in ...

muscle grading and testing procedures

The Muscle Testing

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Handbook describes testing procedures for almost 100 individual muscles in a unique, quick reference, template approach. In close collaboration with Dr. Garten, the German edition has been adapted for the English-language audience by Dr. Shafer, an American chiropractic colleague.

**Garten H. The
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Muscle anatomy and function are succinctly recapped in order to facilitate a complete understanding of the relevance and applicability of the individual test; Classic Applied Kinesiology muscle tests for detecting functional

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described along with
stretch testing and
post-isometric
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for hypertonic,
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anatomy and
physiology, but also
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pearls with regard to
possible causes of
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