

### Muscle Examination

Please assess claimant's muscle strength on a scale of 0-5 as defined below.

**KEY**

- 5 Muscle contracts against full resistance
- 4 Strength reduced, but contraction can still move joint against resistance
- 3 Strength further reduced such that joint can be moved only against gravity with examiner's resistance completely removed
- 2 Muscle can only move if resistance of gravity is removed
- 1 Only a trace or flicker of movement is seen or felt, or fasciculation are observed
- 0 No movement

Please note any evidence of spasm or contracture.

|                       |                   | LEFT | RIGHT |
|-----------------------|-------------------|------|-------|
| <b>CERVICAL</b>       | Flexion           |      |       |
|                       | Extension         |      |       |
|                       | Lateral Flexion   |      |       |
| <b>Thoraco-Lumbar</b> | Flexion           |      |       |
|                       | Extension         |      |       |
|                       | Lateral Flexion   |      |       |
| <b>HIP</b>            | Flexion           |      |       |
|                       | Extension         |      |       |
|                       | Abduction         |      |       |
|                       | Adduction         |      |       |
|                       | External Rotation |      |       |
|                       | Internal Rotation |      |       |
| <b>KNEE</b>           | Flexion           |      |       |
|                       | Extension         |      |       |
| <b>ANKLE</b>          | Plantar Flexion   |      |       |
|                       | Dorsi Flexion     |      |       |
|                       | Inversion         |      |       |
|                       | Eversion          |      |       |
| <b>HALLUX</b>         | M.P. Flexion      |      |       |
|                       | I. P. Flexion     |      |       |
|                       | M.P. Extension    |      |       |
|                       | I. P. Extension   |      |       |
| <b>TOES*</b>          | M.P. Flexion      |      |       |
|                       | I. P. Flexion     |      |       |
|                       | M.P. Extension    |      |       |
|                       | I. P. Extension   |      |       |
|                       |                   |      |       |
|                       |                   |      |       |
|                       |                   |      |       |
|                       |                   |      |       |
|                       |                   |      |       |

|                   |                      | LEFT              | RIGHT |  |
|-------------------|----------------------|-------------------|-------|--|
| <b>SHOULDER</b>   | Flexion              |                   |       |  |
|                   | Extension            |                   |       |  |
|                   | Abduction            |                   |       |  |
|                   | Adduction            |                   |       |  |
|                   | External Rotation    |                   |       |  |
|                   | Internal Rotation    |                   |       |  |
| <b>ELBOW</b>      | Flexion              |                   |       |  |
|                   | Extension            |                   |       |  |
|                   | Pronation            |                   |       |  |
|                   | Supination           |                   |       |  |
| <b>WRIST</b>      | Flexion              |                   |       |  |
|                   | Extension            |                   |       |  |
|                   | Radial Deviation     |                   |       |  |
|                   | Ulnar Deviation      |                   |       |  |
| <b>THUMB</b>      | M.P. Flexion         |                   |       |  |
|                   | I. P. Flexion        |                   |       |  |
|                   | M.P. Extension       |                   |       |  |
|                   | I.P. Extension       |                   |       |  |
|                   | CMC Abduction        |                   |       |  |
|                   | CMC Radial Adduction |                   |       |  |
|                   | CMC Opposition       |                   |       |  |
| <b>FINGER</b>     | <b>INDEX</b>         | M.P. Flexion      |       |  |
|                   |                      | M.P. Extension    |       |  |
|                   |                      | P.I.P. Flexion    |       |  |
|                   |                      | P.I. P. Extension |       |  |
|                   |                      | D.I.P. Flexion    |       |  |
|                   |                      | D.I.P. Extension  |       |  |
|                   | <b>MIDDLE</b>        | M.P. Flexion      |       |  |
|                   |                      | M.P. Extension    |       |  |
| P.I.P. Flexion    |                      |                   |       |  |
| P.I. P. Extension |                      |                   |       |  |
|                   | D.I.P. Flexion       |                   |       |  |
|                   | D.I.P. Extension     |                   |       |  |

