

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
CERVICAL	Flexion		
	Extension		
	Lateral Flexion		
Thoraco-Lumbar	Flexion		
	Extension		
	Lateral Flexion		
HIP	Flexion		
	Extension		
	Abduction		
	Adduction		
	External Rotation		
	Internal Rotation		
KNEE	Flexion		
	Extension		
ANKLE	Plantar Flexion		
	Dorsi Flexion		
	Inversion		
	Eversion		
HALLUX	M.P. Flexion		
	I. P. Flexion		
	M.P. Extension		
	I. P. Extension		
TOES*	M.P. Flexion		
	I. P. Flexion		
	M.P. Extension		
	I. P. Extension		

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

