

Manual Muscle Test Checklist	Competency Check Off
Cervical Flexion	
Cervical Extension	
Cervical Rotation	
Cervical Side-bending	
Shoulder Flexion	
Shoulder Abduction	
Shoulder Scaption	
Shoulder Extension	
Shoulder IR	
Shoulder ER	
Elbow Flexion	
Elbow Extension	
Wrist Flexion	
Wrist Extension	
Radial Deviation	
Ulnar Deviation	
Hip Flexion	
Hip Extension	
Hip Abduction	
Knee Flexion	

Knee Extension	
Ankle Dorsiflexion	
Ankle Plantarflexion	
Ankle Inversion	
Ankle Eversion	