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# Preface

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For more than 70 years, *Daniels and Worthingham's Muscle Testing* has been informing students and practitioners about the art and science of manual muscle testing. Over the past seven decades there have been nine editions of the text, not including this current edition.

So, why an Edition 10? *Muscle Testing* has evolved into a different entity during its lengthy history. Initially a primer on how to test muscles affected by poliomyelitis, *Daniels and Worthingham's Muscle Testing* book now reflects the muscle testing requirements for a far broader scope of practice. Additionally, muscle testing techniques are now appropriate for patients who range in age from young adults to those who have lived 100 or more years (material appropriate for children may be found in other sources). Building on manual testing, this edition includes power testing and endurance testing, as well as alternate testing using free-weights, weight machines, elastic bands, body weight, functional testing, and most recently, handheld dynamometry. The tests included in this edition are far more evidence-based than they have been in the past due to the contributions of numerous researchers who have advanced our understanding of assessment. In many instances, normative values now exist and they have been included in Edition 10. Finally, for the beginning practitioner, exercises have been added to help the new therapist in the design of appropriate treatment programs. Thus, as the health professions have evolved, so too has muscle testing. We believe this book is the most up-to-date muscle testing book available, with detailed "how to" information on hundreds of tests. Importantly, this new edition is evidence-based, an imperative in our contemporary health-care system.

For those of you with historical perspective, it is evident that a number of editors and contributors to *Muscle Testing* have come and gone over the years. The historical figures associated with the early editions of this text are long gone, but each made important contributions and passed the mantle to the next generation of scholars. Now, it is we who are the caretakers of the book and in due time we too will pass the torch to younger individuals with their fingers on the pulse of practice and scholarship. Why us? We were chosen because of a long and rich association with Helen Hislop, the previous author who was at the helm of the book for nearly 40 years. Helen valued our clinical expertise and anatomical knowledge and gave her blessing to this change of the book's leadership. We hope you will be pleased with our efforts.

We are enormously grateful to our forebears for the work that went into the creation of this text. We are grateful as well to the individuals who helped in the creation of the book, particularly our developmental editor, Linda Wood, who has skillfully guided the development of five editions of the book. We also thank Yoshi Miyake for the drawings of the new tests and Jeanne Robertson for the new anatomical drawings. For the original videos, we thank Judith Burnfield, whose work we have built upon in developing the new videos for this edition. Additional thanks go to the individuals who contributed to and reviewed sections of the book during its development: Richard Bohannon, PT, PhD, FAPTA, of Campbell University; Christopher Neville, PT, PhD, of Upstate Medical University; and Kevin Neville, PT, DPT, of Upstate Medical University. We are grateful for their valuable insights. We are also grateful for the four second-year DPT students from Upstate Medical University who were the models for many of the illustrations in the new edition: Melanie Chapman, Marissa Coppola, Kathryn Dziwulski, and Vanessa Sweet. And finally, we thank the team at Elsevier including Sarah Vora, Michael Fioretti, and many others whose behind-the-scenes work helped bring the book to fruition.

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