
Table of Contents

[Cover image](#)

[Title Page](#)

[Copyright](#)

[Dedication](#)

[Tribute page](#)

[Helen J. Hislop, PT, PhD, FAPTA — A Tribute](#)

[Preface](#)

[Alphabetical List of Muscles](#)

[A](#)

[B](#)

[C](#)

[D](#)

[E](#)

[F](#)

[G](#)

[H](#)

[I](#)

[L](#)

[M](#)

[N](#)

[O](#)

[P](#)

[Q](#)

[R](#)

[S](#)

[T](#)

[U](#)

[V](#)

[Z](#)

Introduction

[Brief History of Muscle Testing](#)

[How to Use This Book](#)

[Names of the Muscles](#)

[Anatomical Authorities](#)

[The Convention of Arrows in the Text](#)

[References](#)

Chapter 1 Principles of Manual Muscle Testing

[Muscle Test](#)

[References](#)

Chapter 2 Relevance and Limitations of Manual Muscle Testing

[Relevance and Limitations](#)

[References](#)

Chapter 3 Testing the Muscles of the Neck

[Testing the Muscles of the Neck](#)

[Capital Extension](#)

[Cervical Extension](#)

[Capital Flexion \(Chin Tuck\)](#)

[Cervical Flexion](#)

[Flexion to Isolate a Single Sternocleidomastoid](#)

[Cervical Rotation](#)

[References](#)

Chapter 4 Testing the Muscles of the Trunk and Pelvic Floor

[Trunk Extension](#)

[Elevation of the Pelvis](#)

[Trunk Flexion](#)

[Trunk Rotation](#)

[Core Tests](#)

[Quiet Inspiration](#)

[Forced Expiration](#)

[Pelvic Floor](#)

[References](#)

Chapter 5 Testing the Muscles of the Upper Extremity

[Introduction to Shoulder Girdle Strength Testing](#)

[Scapular Abduction and Upward Rotation](#)

[Scapular Elevation](#)

[Scapular Adduction \(Retraction\)](#)

Scapular Depression and Adduction
Scapular Adduction (Retraction) and Downward Rotation
Latissimus Dorsi
Introduction to Testing the Deltoid
Shoulder Flexion
Shoulder Extension
Shoulder Abduction
Shoulder Horizontal Abduction
Shoulder Horizontal Adduction
Introduction to the Rotator Cuff
Shoulder External Rotation
Shoulder Internal Rotation
Elbow Flexion
Elbow Extension
Forearm Supination
Forearm Pronation
Wrist Flexion
Wrist Extension
Introduction to Testing the Muscles of the Hand
Finger PIP and DIP Flexion
PIP Tests
DIP Tests
Finger MCP Extension
Finger MCP Flexion
Finger Abduction
Finger Adduction
Thumb MCP and IP Flexion
Thumb MCP and IP Flexion
Thumb IP Flexion
Thumb MCP and IP Extension
Thumb MCP and IP Extension
Thumb Abduction
Thumb Abduction
Thumb Abduction
Thumb Adduction
Opposition (Thumb to Little Finger)
Grip Strength
References

Chapter 6 Testing the Muscles of the Lower Extremity

Hip Flexion
Hip Flexion, Abduction, and External Rotation With Knee Flexion

Hip Extension
Hip Abduction
Hip Abduction From Flexed Position
Hip Adduction
Hip External Rotation
Hip Internal Rotation
Knee Flexion
Knee Extension
Ankle Plantar Flexion
Foot Dorsiflexion and Inversion
Foot Inversion
Foot Eversion With Plantar Flexion
Hallux and Toe MP Flexion
Hallux and Toe MP Flexion
Hallux and Toe DIP and PIP Flexion
Hallux and Toe MP and IP Extension
References

Chapter 7 Alternatives to Manual Muscle Testing

Alternatives to Manual Muscle Testing
References

Chapter 8 Testing Functional Performance

Chair Stand
Gait Speed
Physical Performance Test and Modified Physical Performance Test
Timed Up and Go
Stair Climb
Floor Rise
Gait
References

Chapter 9 Handheld Muscle Dynamometry

Shoulder Flexion
Shoulder Extension
Shoulder Abduction
Shoulder External Rotation
Shoulder Internal Rotation
Elbow Flexion
Elbow Extension
Wrist Extension
Hip Flexion

[Hip Extension](#)
[Hip Abduction](#)
[Hip External Rotation](#)
[Hip Internal Rotation](#)
[Knee Flexion](#)
[Knee Extension](#)
[Foot Dorsiflexion and Inversion](#)
[References](#)

Chapter 10 Case Studies

[Introduction](#)
[References](#)

Index

List of Muscles by Region

[Head and Forehead](#)
[Eyelids](#)
[Ocular Muscles](#)
[Nose](#)
[Mouth](#)
[Ear](#)
[Jaw \(Mastication\)](#)
[Tongue](#)
[Pharynx](#)
[Palate](#)
[Larynx](#)
[Neck](#)
[Back](#)
[Thorax \(Respiration\)](#)
[Abdomen](#)
[Perineum](#)
[Upper Extremity](#)
[Lower Extremity](#)