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normally should not exceed

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one second. If the patient is able to 'fix' the limb in place, one of two possible muscle states is indicated.

One, the muscle has a normal facilitation

(normoreaction); a sign that nothing is amiss. Two, the

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muscle is in an over-
facilitated or hyperreactive
state.

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collaboration with Dr.
Garten, the German edition
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Sidelying with test limb superior to the supporting limb. Lower limb can be flexed for stability. Hold test limb in about 90° of knee flexion with the hip in full extension. Position of Therapist: The therapist

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stands behind patient at
knee level. One arm cradles
test limb around thigh with
hand supporting underside of
knee. The other hand

MANUAL MUSCLE TESTING

PROCEDURES For MMT8 TESTING

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Muscle anatomy and function are succinctly recapped in order to facilitate a complete understanding of the relevance and applicability of the individual test Classic Applied Kinesiology muscle

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tests for detecting
functional abnormalities are
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engages range of motion
activity and resistance.

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What are the differences
between functional muscle
testing ...

Manual muscle testing is
used in rehabilitation and
recovery to evaluate
contractile units, including
muscles and tendons, and

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their ability to generate forces. When used as part of rehabilitation, muscle testing is an important evaluative tool to assess impairments and deficits in muscle performance, including strength, power,

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