Begin/End **Muscle Testing Form Anatomically Order** Name: Test with the arm held about 30 degrees away from **Supraspinatus** 33 C1 & 2 the body, slightly to the side with the elbow Left OK Right OK straight. Palm of hand faces groin. Pressure is **Moderately Weak Moderately Weak** against the forearm to push it toward the groin Weak Weak while stabilizing with hand on same shoulder. Very Weak Suprasinatus AH OI AP SR NL NV MT Test with fists together against the lower back, **Teres Major** 35 T2 elbows brought toward each other. Pressure is Right 🔲 Left OK OK against the elbow to push it downward. **Moderately Weak Moderately Weak** Weak Weak Standing: test as above but brace shoulder lightly Uery Weak **Very Weak** on the same side and do not allow the shoulder to drop. Pressure is against the elbow to push it Teres Major SR NL NV MT AH OI AP forward. Governing **Teres Minor** Test with the arm held near the side, elbow bent at 79 90 degrees, thumb toward the shoulder. Forearm Left OK Right | OK is turned out as far as possible. Pressure is against Moderately Weak **Moderately Weak** the back of the wrist to push the forearm across the Weak Weak chest while stabilizing at the elbow. ☐ Very Weak Uery Weak Teres Minor Triple Warmer SR NL NV MT AH OI AP PP Test with the arm out to the side, the elbow bent 90 **Subscapularis** 53 degrees and level with the shoulder, hand pointing Left OK Right OK toward feet. Brace the elbow to stabilize the arm. Moderately Weak **Moderately Weak** Pressure is against the forearm to bring the forearm Weak Weak towards the head. 🗌 Very Weak 🗌 Very Weak Do not weaken the heart meridian. Strengthening Subscapularis SR NL NV MT AH OI AP the small intestine meridian will help calm the heart. Test with the straight arm held slightly above **Anterior Serratus** 97 T3-4 shoulder level thumb pointing up. Pressure is Left [ОК Right against the forearm to bring it down toward the ceil Moderately Weak **Moderately Weak** floor. The tester must hold up the tip of the Weak Weak shoulder blade and not let it slide down when the Very Weak ☐ Very Weak arm is pulled down. Anterior Serratus NL NV MT AH OI Test with the arm held straight forward or slightly Pect. Mjr. Clavic. 37 to the side, level with the shoulder, palms out and OK Right OK Left thumbs toward the feet. Pressure is on the forearm **Moderately Weak Moderately Weak** to pull the arm 45 degrees down and out from the Weak Weak body. 🗌 Very Weak **Very Weak** Pectoralis Major SR NL NV AH OI AP PP Clavicular / Stomach Test with the arms held straight forward and Pect. Mjr. Stern. 93 **T5** slightly to the side and level with the shoulder, Right 🔲 OK Left OK palms out, thumbs toward the feet. Pressure is on **Moderately Weak Moderately Weak** the forearm to push up toward the head and Weak Weak outward about 45 degrees. Very Weak Very Weak

Pectoralis Major

Sternal / Liver

SR NL NV

MT AH OI AP

Begin/End **Muscle Testing Form Anatomically Order** Name: Date: Test with arm straight down at the side, wrist Latissimus Dorsi 45 turned so that palm is facing away from body. Be Left OK Right OK sure elbow is straight and and there is no tension in **Moderately Weak Moderately Weak** the shoulder girdle. Pressure is at the forearm to Weak Weak pull the arm out to the side away from the body. **Very Weak** Uery Weak Latissimus Dorsi AH OI AP SR NL NV MT Spleen Test with the arm held straight, palm down, about **Anterior Deltoid** 89 **T4** 20 degrees above the leg. Pressure is against the Left OK Right 🔲 OK forearm to push the arm down toward the thigh. **Moderately Weak Moderately Weak** Weak Weak Uery Weak **Very Weak** Anterior Deltoid SR NL NV MT AH OI AP Gall Bladder **Fascia Lata** Test with the leg raised up 45 degrees and slightly 105 L2 to the side. With the foot turned in, pressure is Left OK Right | OK against the outside of the ankle to push the leg Moderately Weak **Moderately Weak** down and in. This is done while stabilizing the Weak Weak opposite hip. ☐ Very Weak Uery Weak Fascia Lata SR NL NV OI AP PP MT AH Large Intestine Test with straight leg raised up at least 45 degrees, 65 **Psoas** slightly to the side with the foot pointing out. Left OK Right OK Pressure is against the inside of the ankle to push Moderately Weak **Moderately Weak** the leg out and down, while stabilizing the opposite Weak Weak 🗌 Very Weak 🗌 Very Weak SR NL NV MT AH OI AP Kidney 71 **Gluteus Medius** L5 Test with the leg straight out to the side. Make sure that the hips don't rotate when bringing the leg out. Left ОК Right Stabilizing at the opposite hip. Pressure is against Moderately Weak **Moderately Weak** the ankle to bring it towards the midline. Weak Weak Very Weak ☐ Very Weak Gluteus Medius SR NL NV MT AH OI PP Circulation-Sex 55 Test with the thigh not quite at right angles to the Quadriceps T10 body and the knee slightly bent and foot anterior to Left 🗌 OK Right OK the knee. Pressure is against the knee and the **Moderately Weak Moderately Weak** ankle to straighten the leg and push it down. Do not Weak Weak allow the thigh to twist, substituting the fascia 🗌 Very Weak **Very Weak** Quadriceps Small Intestine SR NL NV AH OI AP PP Begin with the toes turned to the outside, the little **Peroneus** 59 T12 toe flexed up toward the head. Ensure that the big Right 🔲 OK Left OK toe is not pulled up. Stabilize foot by holding the **Moderately Weak Moderately Weak** heel in one hand. Pressure is against the outside of Weak Weak

Very Weak

Very Weak

SR NL NV

MT AH OI AP

Peroneus

Bladder

the foot just behind the toes, pressing down and in

toward the midline while pressing up on the heel.