

Muscle Testing Form

Meridian Order

Begin/End

Name: _____

Date: _____

Supraspinatus

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

33 C1 & 2



Supraspinatus
Central

Test with the arm held about 30 degrees away from the body, slightly to the side with the elbow straight. Palm of hand faces groin. Pressure is against the forearm to push it toward the groin while stabilizing with hand on same shoulder.

Teres Major

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

35 T2



Teres Major
Governing

Test with fists together against the lower back, elbows brought toward each other. Pressure is against the elbow to push it downward.

Standing: test as above but brace shoulder lightly on the same side and do not allow the shoulder to drop. Pressure is against the elbow to push it forward.

Pect. Mjr. Clavic.

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

37 T5



Pectoralis Major
Clavicular / Stomach

Test with the arm held straight forward or slightly to the side, level with the shoulder, palms out and thumbs toward the feet. Pressure is on the forearm to pull the arm 45 degrees down and out from the body.

Latissimus Dorsi

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

45 T7



Latissimus Dorsi
Spleen

Test with arm straight down at the side, wrist turned so that palm is facing away from body. Be sure elbow is straight and there is no tension in the shoulder girdle. Pressure is at the forearm to pull the arm out to the side away from the body.

Subscapularis

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

53 T2



Subscapularis
Heart

Test with the arm out to the side, the elbow bent 90 degrees and level with the shoulder, hand pointing toward feet. Brace the elbow to stabilize the arm. Pressure is against the forearm to bring the forearm towards the head.

Do not weaken the heart meridian. Strengthening the small intestine meridian will help calm the heart.

Quadriceps

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

55 T10



Quadriceps
Small Intestine

Test with the thigh not quite at right angles to the body and the knee slightly bent and foot anterior to the knee. Pressure is against the knee and the ankle to straighten the leg and push it down. Do not allow the thigh to twist, substituting the fascia lata.

Peroneus

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

59 T12



Peroneus
Bladder

Begin with the toes turned to the outside, the little toe flexed up toward the head. Ensure that the big toe is not pulled up. Stabilize foot by holding the heel in one hand. Pressure is against the outside of the foot just behind the toes, pressing down and in toward the midline while pressing up on the heel.

Muscle Testing Form

Meridian Order

Begin/End

Name: _____

Date: _____

Psoas

65 T12

Test with straight leg raised up at least 45 degrees, slightly to the side with the foot pointing out. Pressure is against the inside of the ankle to push the leg out and down, while stabilizing the opposite hip.

Left	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak	Right	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak
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Psoas
Kidney

SR	NL	NV	MT	AH	OI	AP	PP
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Gluteus Medius

71 L5

Test with the leg straight out to the side. Make sure that the hips don't rotate when bringing the leg out. Stabilizing at the opposite hip. Pressure is against the ankle to bring it towards the midline.

Left	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak	Right	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak
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Gluteus Medius
Circulation-Sex

SR	NL	NV	MT	AH	OI	AP	PP
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Teres Minor

79 T2

Test with the arm held near the side, elbow bent at 90 degrees, thumb toward the shoulder. Forearm is turned out as far as possible. Pressure is against the back of the wrist to push the forearm across the chest while stabilizing at the elbow.

Left	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak	Right	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak
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Teres Minor
Triple Warmer

SR	NL	NV	MT	AH	OI	AP	PP
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Anterior Deltoid

89 T4

Test with the arm held straight, palm down, about 20 degrees above the leg. Pressure is against the forearm to push the arm down toward the thigh.

Left	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak	Right	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak
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Anterior Deltoid
Gall Bladder

SR	NL	NV	MT	AH	OI	AP	PP
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pect. Mjr. Stern.

93 T5

Test with the arms held straight forward and slightly to the side and level with the shoulder, palms out, thumbs toward the feet. Pressure is on the forearm to push up toward the head and outward about 45 degrees.

Left	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak	Right	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak
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Pectoralis Major
Sternal / Liver

SR	NL	NV	MT	AH	OI	AP	PP
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Anterior Serratus

97 T3-4

Test with the straight arm held slightly above shoulder level thumb pointing up. Pressure is against the forearm to bring it down toward the floor. The tester must hold up the tip of the shoulder blade and not let it slide down when the arm is pulled down.

Left	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak	Right	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak
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Anterior Serratus
Lung

SR	NL	NV	MT	AH	OI	AP	PP
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fascia Lata

105 L2

Test with the leg raised up 45 degrees and slightly to the side. With the foot turned in, pressure is against the outside of the ankle to push the leg down and in. This is done while stabilizing the opposite hip.

Left	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak	Right	<input type="checkbox"/> OK <input type="checkbox"/> Moderately Weak <input type="checkbox"/> Weak <input type="checkbox"/> Very Weak
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Fascia Lata
Large Intestine

SR	NL	NV	MT	AH	OI	AP	PP
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>