Begin/End **Muscle Testing Form Meridian 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** Uery Weak Suprasinatus AH OI AP SR NL NV Test with fists together against the lower back, **Teres Major** 35 T2 elbows brought toward each other. Pressure is Left OK Right 🔲 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 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 arm held out to the side, elbow level **Deltoids** 101 T3.4 with the shoulder and bent 90 degrees. Pressure is Left ОК Right just above the elbow to bring the arm 45 degrees Moderately Weak **Moderately Weak** down and out from the body. Weak Weak Very Weak ☐ Very Weak Deltoids NL NV MT AH OI Lung Test with the straight arm held slightly above **Anterior Serratus** 97 T3-4 shoulder level thumb pointing up. Pressure is Left OK Right OK against the forearm to bring it down toward the **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 Uery Weak **Very Weak** arm is pulled down. Anterior Serratus SR NL NV AH OI AP PP Luna Test with elbow bent as far as possible, palm **Coracobrachialis** T2 toward the shoulder and the arm 45 degrees up and Right 🔲 OK Left OK 45 degrees forward. Pressure is against the biceps **Moderately Weak Moderately Weak** in the middle of the upper arm to push the arm Weak Weak toward the body and back.

Very Weak

Very Weak

SR NL NV

MT AH OI AP

Coracobrachialis

Muscle Testing Form Begin/End **Meridian Order** Name:

Brachioradialis		43 T12	Test with the arm bent at greater than 90 degrees,
Left OK Moderately Weak Weak Very Weak	Right OK Moderately Weak Weak Very Weak OI AP PP	Brachioradialis Stomach	thumb turned toward shoulder. Pressure is against thumb side of the wrist to open the arm away from the shoulder.
Diaphragm Left OK Moderately Weak Very Weak SR NL NV MT AH	Right OK Weak Very Weak OI AP PP	103 T12 Diaphragm Lung	Take a deep breath and hold it in. Time should be at least 40 seconds. After treatment, time may increase by 1/3 to 1/2 OR Test with arm raised to the front and level with the shoulder. Have the person place their fingertips on their diaphragm and then retest the muscle.
Pect. Mjr. Clavic. Left OK Moderately Weak Very Weak SR NL NV MT AH	Right OK Moderately Weak Weak Very Weak OI AP PP	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.
Pect. Mjr. Stern. Left OK Moderately Weak Weak Very Weak SR NL NV MT AH	Right OK Moderately Weak Weak Very Weak	93 T5 Pectoralis Major Sternal / Liver	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.
Rhomboids Left OK Moderately Weak Weak Very Weak SR NL NV MT AH		95 T5 Rhombolds	Test with the elbow bent and held against the side of the ribs, the shoulder stabilized. Pressure is against the inside of the upper arm to pull it away to the side (similar to the levator scapulae test, but with the shoulders kept level).
Levator Scapulae Left OK Moderately Weak Weak Very Weak SR NL NV MT AH	Right OK Moderately Weak Weak Very Weak	Ta CS Levator Scapulae Stomach	Test with the elbow bent and forced down against the side of the hip. Palm turned against the same shoulder. Pressure is against the inside of the upper arm near the elbow to pull the arm away from the side.
Latissimus Dorsi Left OK	Right	45 T7	Test with arm straight down at the side, wrist turned so that palm is facing away from body. Be sure elbow is straight and 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.

SR NL NV MT AH OI AP PP

Latissimus Dorsi Spleen

Begin/End **Muscle Testing Form Meridian Order** Name: **Triceps** Test with the arm partly flexed. Pressure is against 51 the back of the wrist to bend it further. With Left 🗌 OK Right OK children, have the arm almost straight. **Moderately Weak Moderately Weak** Weak Weak **Very Weak** Triceps MT AH OI AP SR NL NV Spleen Have person touch tip of thumb to tip of little finger, **Opponens Pollicis** 49 C4 making a ring. Place a finger from each hand inside Right 🔲 Left OK OK this ring and test by pulling thumb and little finger **Moderately Weak Moderately Weak** apart. A little bit of separation on the test is Weak Weak normal; check to see if the muscles lock after Uery Weak **Very Weak** coming apart just a bit. If so, the muscle may be considered strong. Opponens Pollicis SR NL NV MT AH OI AP Longus/Spleen **Anterior Deltoid** Test with the arm held straight, palm down, about 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 ☐ Very Weak Uery Weak Anterior Deltoid SR NL NV MT AH OI AP PP Gall Bladder Place the straight arm out to the side slightly lower **Lower Trapezius** 47 **T6** than shoulder level, with palm slanting toward the Right OK Left 🗌 OK head. Pressure is on the back of the arm near the Moderately Weak **Moderately Weak** wrist to press the arm forward and headward while Weak Weak stabilizing same shoulder. 🗌 Very Weak 🗌 Very Weak Lower Trapezius SR NL NV MT AH OI AP Spleen **Trapezius** 47 Test with the straight arm out to the side at T5.6 shoulder level and the thumb toward the head. Left OK Right Pressure is against the back of the wrist to push it Moderately Weak **Moderately Weak** toward the ceiling while holding the shoulder down. Weak Weak Very Weak ☐ Very Weak Lying face down: test as above with arm extended backwards as well. Middle Trapezius SR NL NV MT AH OI Spleen Test with the head tilted to the side, not turned, **Upper Trapezius** 67 and the shoulder brought up to the ear. Pressure is Left 🗌 OK Right OK against the shoulder and the side of the head to try **Moderately Weak Moderately Weak** to pull them apart. Weak Weak Uery Weak **Very Weak** Upper Trapezius SR NL NV AH OI AP PP Test lying face up with the hands immobilized above **Anterior Neck Flexors** shoulders. With the chin kept down, the head is Right Left OK held up against pressure on the forehead to push it **Moderately Weak Moderately Weak** down. Also test with the head turned 10 and 45 Weak Weak degrees to each side. Pressure is against the Very Weak Very Weak highest area of the forehead.

SR NL NV

MT AH OI AP

Anterior Neck

Flexors / Stomach

Standing: have hands held away from the body rather than overhead and test as above.

Begin/End **Muscle Testing Form Meridian Order** Name: Sit with the knees bent, hands on opposite **Abdominals** 57 shoulders, leaning back with head erect. Pressure Left OK Right OK is against the wrists to push backwards. Stabilize **Moderately Weak Moderately Weak** thighs by placing a forearm above the knees as you Weak Weak **Very Weak** Standing: have person bend forward with hands on Abdominals AH OI AP SR NL NV MT opposite shoulders. Pressure is against the wrists to straighten torso while stabilizing lower back. **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 Uery Weak **Very Weak** Fascia Lata SR NL NV MT AH OI AP Large Intestine Test with straight leg raised up at least 45 degrees, **Psoas** 65 T12 slightly to the side with the foot pointing out. 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 hip. ☐ Very Weak Uery Weak Psoas SR NL NV MT AH OI AP PP Kidney 71 Test with the leg straight out to the side. Make sure **Gluteus Medius** L5 that the hips don't rotate when bringing the leg out. Right OK Left 🗌 OK 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 AP Circulation-Sex 73 Test with the feet together and the opposite leg **Adductors** L1 stabilized. Pressure is against the inside of the Left OK Right ankle to pull the leg away to the side. Moderately Weak **Moderately Weak** Weak Weak Very Weak ☐ Very Weak Adductors Circulation-Sex SR NL NV MT AH OI PP Test with knee and hip bent at right angles, the foot **Piriformis** 75 **S1** brought across the opposite leg as far as possible. OK Right OK Left Heel should be higher than the knee. Pressure is **Moderately Weak Moderately Weak** against the inside of the ankle to bring the foot out Weak Weak to the side while stabilizing the knee. 🗌 Very Weak **Very Weak** Piriformis SR NL NV AH OI AP PP Circulation-Sex Test with the leg turned out, knee slightly bent, and **Sartorius** 81 T11 the foot brought up over the other leg, just below Right 🔲 OK Left OK the knee. Pressure is against the ankle to bring the **Moderately Weak Moderately Weak** foot out and straighten the leg. Weak Weak Very Weak Very Weak

Sartorius

Triple Warmer

SR NL NV

MT AH OI AP

Begin/End **Muscle Testing Form Meridian Order** Name: Date: **Popliteus** Test lying face up, leg bent and dropped out to the 91 T12 side. Stabilize at ankle. Pressure is against the Left 🗌 OK Right OK outside of the knee, to twist the lower leg in **Moderately Weak Moderately Weak** relation to the thigh. If the popliteus is strong, this Weak Weak torque will be felt in the hip muscles. Very Weak Standing: bend the knee 90 degrees, rotate foot Popliteus AH OI AP SR NL NV MT inward. Use the foot as a lever to rotate the foot and leg outward laterally. Test with the thigh not quite at right angles to the Quadriceps 55 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 Uery Weak **Very Weak** Quadriceps Small Intestine SR NL NV MT AH OI AP 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 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 the foot just behind the toes, pressing down and in ☐ Very Weak Uery Weak toward the midline while pressing up on the heel. Peroneus SR NL NV MT AH OI AP PP Bladder Test with the leg straight and the toes and ankle **Anterior Tibial** 63 L5 flexed toward the knee. Pressure is against the top Left OK Right OK of the foot to push the toes downward. Moderately Weak **Moderately Weak** Weak Weak 🗌 Very Weak 🗌 Very Weak Anterior Tibial SR NL NV MT AH OI AP Bladder Test with the leg straight and the foot turned inward **Posterior Tibial** 63 L5 and down as far as possible. Stabilize at the heel Left ОК Right and press up and out on the ball of the foot just Moderately Weak **Moderately Weak** behind the big toe. Weak Weak Very Weak ☐ Very Weak Posterior Tibial NL NV MT AH OI Bladder **Posterior Neck** Test the posterior neck muscles by having the 41 C2 person lie on the stomach with the head pulled up Left OK Right **OK** and back. Pressure is against the back of the head **Moderately Weak Moderately Weak** toward the floor. Then have person turn head to Weak Weak each side and retest. Can test standing similarly. Uery Weak **Very Weak** Posterior Neck SR NL NV AH OI AP PP Flexors / Stomach Test lying face down, both hands placed in the small **Sacrospinalis** 61 T12 of the back. Person lifts one shoulder and looks Left 🗌 OK Right 🔲 OK back over it. Pressure is against the back of the **Moderately Weak Moderately Weak** shoulder, pressing it toward the table while Weak Weak stabilizing the opposite hip. Also, have the person

Sacrospinalis

Very Weak

Very Weak

SR NL NV

MT AH OI AP

lift their entire torso off the table when the pelvis is stabilized. This is also a good exercise for

strengthening the back. Can test standing

similarly.

Begin/End **Muscle Testing Form Meridian Order** Name: Test lying face down with the knee bent and the leg **Gluteus Maximus** 77 C2 raised up. Pressure is against the thigh to push it OK Right OK back down, keeping the knee bent. **Moderately Weak Moderately Weak** Weak Weak Standing: bend knee to 90 degrees and extend the Very Weak thigh back as far as possible. Stabilize the front of the pelvis. Pressure is just above the back of the Gluteus Maximus MT AH OI AP SR NL NV Circulation-Sex knee, pushing the thigh forward. Test with the person either lying face up or down **Quadratus Lumborum** 109 using their hands to hold table. Take both legs out Right 🔲 Left OK OK to one side, stabilize at the opposite hip. Pressure **Moderately Weak Moderately Weak** is at the outside of the ankle to press both legs Weak Weak toward the midline. Uery Weak **Very Weak** Standing: lean hips to one side and shoulders to the Quadratus Lumborum SR NL NV MT AH OI AP other. Press against extended shoulder to Large Intestine straighten the torso while stabilizing opposite hip. Test with leg bent slightly less than 90 degrees. **Hamstrings** L4,5 107 Exert pressure in middle of the hamstrings to Left OK Right | OK prevent cramping. Pressure is against the back of Moderately Weak **Moderately Weak** the Achilles tendon to straighten leg. Don't let the Weak Weak pelvis tilt forward or lower back curve in. If ☐ Very Weak Uery Weak cramping occurs, use less knee flexion, more pressure on hamstrings and be sure the direction of Hamstrings SR NL NV MT AH OI AP PP Large Intestine the test is straight, not sideways. Test with the knee bent about 45 degrees. Holding **Gracilis** T12 the knee steady, pressure is against the inside of Left OK Right OK the ankle to push the foot out to the side. Moderately Weak **Moderately Weak** Weak Weak Standing: have the person lift straight leg slightly 🗌 Very Weak 🗌 Very Weak and medially rotated, so that their foot is on top of Gracilis the other foot. Pressure is against the inside of the SR NL NV MT AH OI AP Triple Warmer ankle to pull the foot out to the side while stabilizing other leg. Bend knee to 90 degrees and turn lower leg as far Iliacus 69 T11 out to the side as possible. Pressure is at the ankle Left OK Right to bring leg toward midline, while stabilizing the Moderately Weak **Moderately Weak** Weak Weak Very Weak ☐ Very Weak Illacus NL NV MT AH OI Test with the knee bent 90 degrees, heel flexed **Soleus** 85 T11,12 toward the calf of the leg with toes pointed. Left OK Right **OK** Pressure is against the heel and the sole of the foot **Moderately Weak Moderately Weak** to straighten the foot to its normal position. Weak Weak Uery Weak **Very Weak** Soleus SR NL NV AH OI AP PP Triple Warmer Test with the knee bent about 45 degrees from **Gastrocnemius** 87 T11.12 floor, heel flexed toward the calf of the leg with toes Right 🔲 OK Left OK pointed. Pressure is against the foot and the back **Moderately Weak Moderately Weak** of the calf to straighten the left to its normal Weak Weak

Gastrocnemius Triple Warmer

Very Weak

Very Weak

SR NL NV

MT AH OI AP

Standing: test as above but stabilize the knee and

pressure is against the calf.