

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



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



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.

Teres Minor

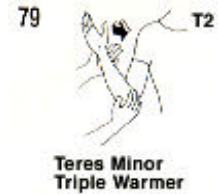
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



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.

Subscapularis

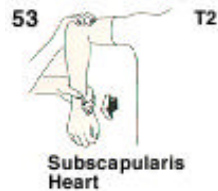
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



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.

Deltoids

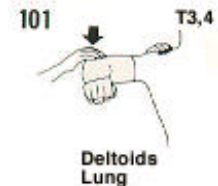
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with the arm held out to the side, elbow level with the shoulder and bent 90 degrees. Pressure is just above the elbow to bring the arm 45 degrees down and out from the body.

Anterior Serratus

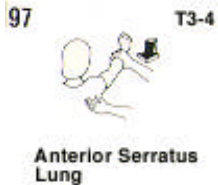
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



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.

Coracobrachialis

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with elbow bent as far as possible, palm toward the shoulder and the arm 45 degrees up and 45 degrees forward. Pressure is against the biceps in the middle of the upper arm to push the arm toward the body and back.

Muscle Testing Form

Meridian Order

Begin/End

Name: _____

Date: _____

Brachioradialis

43

T12

Test with the arm bent at greater than 90 degrees, thumb turned toward shoulder. Pressure is against thumb side of the wrist to open the arm away from the shoulder.

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Diaphragm

103

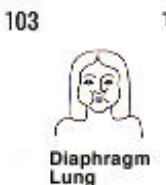
T12

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

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



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.

37

T5

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.

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



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 OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Rhomboids

95

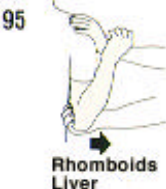
T5

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).

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Levator Scapulae

39

T8
C5

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.

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Latissimus Dorsi

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 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.

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Muscle Testing Form

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Name: _____

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Triceps

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with the arm partly flexed. Pressure is against the back of the wrist to bend it further. With children, have the arm almost straight.

Opponens Pollicis

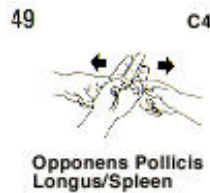
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Have person touch tip of thumb to tip of little finger, making a ring. Place a finger from each hand inside this ring and test by pulling thumb and little finger apart. A little bit of separation on the test is normal; check to see if the muscles lock after coming apart just a bit. If so, the muscle may be considered strong.

Anterior Deltoid

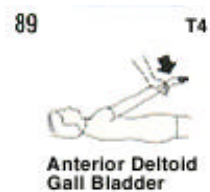
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



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.

Lower Trapezius

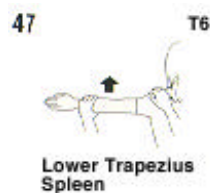
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Place the straight arm out to the side slightly lower than shoulder level, with palm slanting toward the head. Pressure is on the back of the arm near the wrist to press the arm forward and headward while stabilizing same shoulder.

Trapezius

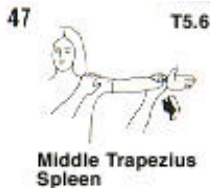
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with the straight arm out to the side at shoulder level and the thumb toward the head. Pressure is against the back of the wrist to push it toward the ceiling while holding the shoulder down.

Lying face down: test as above with arm extended backwards as well.

Upper Trapezius

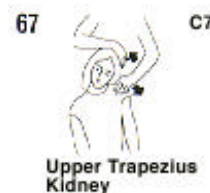
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with the head tilted to the side, not turned, and the shoulder brought up to the ear. Pressure is against the shoulder and the side of the head to try to pull them apart.

Anterior Neck Flexors

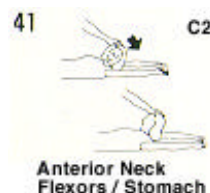
Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test lying face up with the hands immobilized above shoulders. With the chin kept down, the head is held up against pressure on the forehead to push it down. Also test with the head turned 10 and 45 degrees to each side. Pressure is against the highest area of the forehead.

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

Muscle Testing Form

Meridian Order

Begin/End

Name: _____

Date: _____

Abdominals

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Abdominals
Small Intestine

Sit with the knees bent, hands on opposite shoulders, leaning back with head erect. Pressure is against the wrists to push backwards. Stabilize thighs by placing a forearm above the knees as you test.

Standing: have person bend forward with hands on opposite shoulders. Pressure is against the wrists to straighten torso while stabilizing lower back.

Fascia Lata

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Fascia Lata
Large Intestine

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.

Psoas

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Psoas
Kidney

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.

Gluteus Medius

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Gluteus Medius
Circulation-Sex

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.

Adductors

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Adductors
Circulation-Sex

Test with the feet together and the opposite leg stabilized. Pressure is against the inside of the ankle to pull the leg away to the side.

Piriformis

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Piriformis
Circulation-Sex

Test with knee and hip bent at right angles, the foot brought across the opposite leg as far as possible. Heel should be higher than the knee. Pressure is against the inside of the ankle to bring the foot out to the side while stabilizing the knee.

Sartorius

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Sartorius
Triple Warmer

Test with the leg turned out, knee slightly bent, and the foot brought up over the other leg, just below the knee. Pressure is against the ankle to bring the foot out and straighten the leg.

Muscle Testing Form

Meridian Order

Begin/End

Name: _____

Date: _____

Popliteus

Left

OK
 Moderately Weak
 Weak
 Very Weak

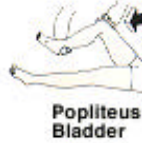
Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

91

T12



Popliteus
Bladder

Test lying face up, leg bent and dropped out to the side. Stabilize at ankle. Pressure is against the outside of the knee, to twist the lower leg in relation to the thigh. If the popliteus is strong, this torque will be felt in the hip muscles.

Standing: bend the knee 90 degrees, rotate foot inward. Use the foot as a lever to rotate the foot and leg outward laterally.

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.

Anterior Tibial

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

63

L5



Anterior Tibial
Bladder

Test with the leg straight and the toes and ankle flexed toward the knee. Pressure is against the top of the foot to push the toes downward.

Posterior Tibial

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

63

L5



Posterior Tibial
Bladder

Test with the leg straight and the foot turned inward and down as far as possible. Stabilize at the heel and press up and out on the ball of the foot just behind the big toe.

Posterior Neck

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

41

C2



Posterior Neck
Flexors / Stomach

Test the posterior neck muscles by having the person lie on the stomach with the head pulled up and back. Pressure is against the back of the head toward the floor. Then have person turn head to each side and retest. Can test standing similarly.

Sacrospinalis

Left

OK
 Moderately Weak
 Weak
 Very Weak

Right

OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP

61

T12



Sacrospinalis
Bladder

Test lying face down, both hands placed in the small of the back. Person lifts one shoulder and looks back over it. Pressure is against the back of the shoulder, pressing it toward the table while stabilizing the opposite hip. Also, have the person 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.

Muscle Testing Form

Meridian Order

Begin/End

Name: _____

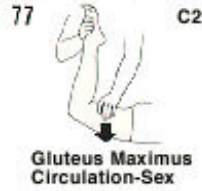
Date: _____

Gluteus Maximus

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test lying face down with the knee bent and the leg raised up. Pressure is against the thigh to push it back down, keeping the knee bent.

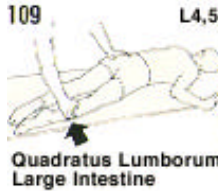
Standing: bend knee to 90 degrees and extend the thigh back as far as possible. Stabilize the front of the pelvis. Pressure is just above the back of the knee, pushing the thigh forward.

Quadratus Lumborum

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with the person either lying face up or down using their hands to hold table. Take both legs out to one side, stabilize at the opposite hip. Pressure is at the outside of the ankle to press both legs toward the midline.

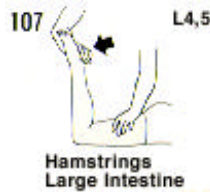
Standing: lean hips to one side and shoulders to the other. Press against extended shoulder to straighten the torso while stabilizing opposite hip.

Hamstrings

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with leg bent slightly less than 90 degrees. Exert pressure in middle of the hamstrings to prevent cramping. Pressure is against the back of the Achilles tendon to straighten leg. Don't let the pelvis tilt forward or lower back curve in. If cramping occurs, use less knee flexion, more pressure on hamstrings and be sure the direction of the test is straight, not sideways.

Gracilis

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with the knee bent about 45 degrees. Holding the knee steady, pressure is against the inside of the ankle to push the foot out to the side.

Standing: have the person lift straight leg slightly and medially rotated, so that their foot is on top of the other foot. Pressure is against the inside of the ankle to pull the foot out to the side while stabilizing other leg.

Iliacus

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



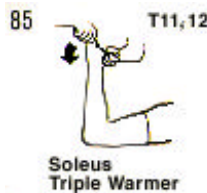
Bend knee to 90 degrees and turn lower leg as far out to the side as possible. Pressure is at the ankle to bring leg toward midline, while stabilizing the knee.

Soleus

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



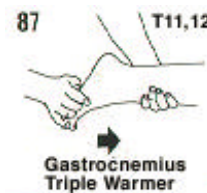
Test with the knee bent 90 degrees, heel flexed toward the calf of the leg with toes pointed. Pressure is against the heel and the sole of the foot to straighten the foot to its normal position.

Gastrocnemius

Left OK
 Moderately Weak
 Weak
 Very Weak

Right OK
 Moderately Weak
 Weak
 Very Weak

SR NL NV MT AH OI AP PP



Test with the knee bent about 45 degrees from floor, heel flexed toward the calf of the leg with toes pointed. Pressure is against the foot and the back of the calf to straighten the left to its normal position.

Standing: test as above but stabilize the knee and pressure is against the calf.