

Exercise Therapy

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MRC Grading

MRC Grading for Manual Muscle Testing (MMT) refers to the Medical Research Council (MRC) scale, a standardized system used by clinicians to grade muscle strength.

It ranges from Grade 0 to Grade 5, with each grade describing the level of muscle power a patient can generate.

MRC Muscle Strength Grading Scale

Grade	Description	Muscle Response
0	No contraction	No movement or muscle contraction
1	Flicker or trace of contraction	Muscle contracts slightly, but no movement
2	Active movement with gravity eliminated	Full ROM only when gravity is removed
3	Active movement against gravity	Full ROM against gravity, but no resistance
4	Active movement against gravity and some resistance	Full ROM against gravity with some resistance
5	Normal power	Full ROM against gravity with full resistance

- MMT is typically performed bilaterally to compare sides.
- Gravity-eliminated position often means testing in a horizontal plane.
- Resistance is applied manually by the examiner to evaluate the patient's strength.

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