

Exercise Therapy

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MMT for Elbow Extensors

Muscle Group

Prime mover: Triceps brachii assisted by Anconeus

Action: Elbow extension

Daniels & Worthingham's Muscle Testing, Medical Research Council

GRADE-WISE MMT (ELBOW EXTENSORS)

Grade 0 (Zero) – No contraction

Finding: No visible or palpable contraction

Testing Method: Patient supine, Palpate triceps tendon above olecranon

Clinical Significance: Indicates complete paralysis / severe nerve injury

Grade 1 (Trace) – Flicker

Finding: Slight contraction, no movement

Testing Method: Palpate triceps during attempted extension

Clinical Note: Early neuromuscular activation

Grade 2 (Poor) – Movement without gravity

Finding: Full ROM in gravity-eliminated plane

Position: Side-lying or supported sitting

Example: Elbow extension with arm supported on table

Grade 3 (Fair) – Against gravity

Finding: Full ROM against gravity

Position: Supine, shoulder flexed to 90°, elbow flexed

Movement: Extend elbow fully

Clinical Note: Minimum level for functional pushing activities

Grade 4 (Good) – Moderate resistance

Finding: Full ROM against moderate resistance

Testing Method: Apply resistance at distal forearm

Protocol: Hold position against resistance

Grade 5 (Normal) – Full strength

Finding: Full ROM against maximal resistance

Testing Method: Strong resistance applied at distal forearm

Clinical Note: Normal strength and function

Reference: Kisner, Carolyn Therapeutic exercise: foundations and techniques / Carolyn Kisner, Lynn Allen Colby. — 5th ed.

For more notes click on:

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