

MEDICAL RECORD

GROUP MUSCLE STRENGTH, JOINT R.O.M. GIRTH AND LENGTH MEASUREMENTS

PROBLEM AND BRIEF CLINICAL HISTORY

KEY TO MANUAL MUSCLE EVALUATION

100% 5 N Normal: Complete range of motion against gravity with full resistance
 75% 4 G Good: Complete range of motion against gravity with some resistance
 50% 3 F Fair: Complete range of motion against gravity
 25% 2 P Poor: Complete range of motion with gravity eliminated
 10% 1 T Trace: Evidence of contractibility but no joint motion
 0% 0 O Zero: No evidence of contractility

DATE								COMMENTS	
INDICATE SIDE TESTED									
TRUNK	Extension								
	Flexion								
	Lat. Flexion								
	Quadratus Lumborum								
	Rotation								
HIP	Extension 0-15								
	Flex: Knee Flexed 0-120								
	Flex: Knee Extended								
	Adduction 0-30								
	Abduction 0-45								
	Int. Rotation 0-45								
	Ext. Rotation 0-45								
	Sartorius								
KNEE	Extension 0								
	Flexion 0-135								
ANKLE	Plantar Flex. 0-50								
	Dorsi Flex. 0-20								
	Inversion 0-35								
	Eversion 0-15								
GREAT TOE	Flexion								
	Extension								
2ND TO 5TH TOE	Flexion								
	Extension								

GIRTH AND LENGTH MEASUREMENTS

CIRCUMFERENCE	THIGH							SIGNATURE	DATE
	KNEE								
CALK									
LENGTH	A.S.I.S. to Med. Malleolus								
	Umbilicus to Med. Malleolus								

PATIENT'S IDENTIFICATION (For typed or written entries, give: Name, last, first, middle; ID no. (SSN or other); hospital or medical facility)

REGISTER NO.	WARD NO.
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GROUP MUSCLE STRENGTH, JOINT R.O.M. GIRTH AND LENGTH MEASUREMENTS

Medical Record

DATE								DATE									
INDICATE SIDE TESTED								INDICATE SIDE TESTED									
NECK	Flexion							THUMB	CMC Palmer Abd.	0-70							
	Lateral Flexion								Radial Abd.	0-70							
	Extension								Flexion	0-15							
	Rotation								Adduction	0							
SCAPULA	Abduction-Serratus Ant.							INDEX	MP Extension	0							
	Adduction								Flexion	0-50							
	Elevation								IP Extension	0-20							
	Lower Trapezius								Flexion	0-80							
SHOULDER	Flexion	0-180						MIDDLE	Opponens Pollicis								
	Extension	0-60							2nd MP Ext.	0-45							
	Abduction	0-180							MP Flex.	0-90							
	Adduction	0-75							Abduction								
	Horizontal Abduction								Adduction								
	Horizontal Adduction								PIP Ext.	0							
	External Rot.	0-90							PIP Flex.	0-100							
	Internal Rot.	0-70							DIP Ext.	0							
EL-BOW	Flexion	0-150						RING	DIP Flex.	0-90							
	Extension	0							3rd MP Ext.	0-45							
FORE-ARM	Supination	0-80						MIDDLE	MP Flex.	0-90							
	Pronation	0-80							Abduction								
WRIST	Flexion	0-80						MIDDLE	PIP Ext.	0							
	Extension	0-70							PIP Flex.	0-100							
	Radial Dev.	0-20							DIP Ext.	0							
	Ulnar Dev.	0-30							DIP Flex.	0-90							
UPPER EXTREMITY GIRTH MEASUREMENTS																	
								RING	4th MP Ext.	0-45							
DIST. FROM FINGER TIP TO DIST. PALM, CREASE									MP Flex.	0-90							
									Abduction								
DISTANCE FROM THUMB TIP TO 5TH DIGIT									Adduction								
								LITTLE	PIP Ext.	0							
GRIP STRENGTH									PIP Flex.	0-100							
									DIP Ext.	0							
PINCH STRENGTH									DIP Flex.	0-90							
								LITTLE	5th MP Ext.	0-45							
COMMENTS									MP Flex.	0-90							
									Abduction								
									Adduction								
								PIP Ext.	0								
								PIP Flex.	0-100								
								DIP Ext.	0								
								DIP Flex.	0-90								
								Adb. Digiti Minimi									
								Opp. Digiti Minimi									