

Strength Scores

0 = total paralysis

1 = palpable or visible contraction

2 = active movement, gravity eliminated

3 = active movement, against gravity

4 = active movement, against some resistance

5 = active movement, against full resistance

NT = not testable

✓ Level: **C5**
 ✓ Muscle: Biceps brachii *
 ✓ Movement: Elbow flexion
 ✓ Instruction: Bring hand to shoulder
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **C6**
 ✓ Muscle: Carpi ulnaris, extensor carpi radialis longus and radialis brevis *
 ✓ Movement: Wrist extension
 ✓ Instruction: Bend wrist back toward forearm
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **C7**
 ✓ Muscle: Elbow extensors or triceps brachii *
 ✓ Movement: Elbow extension
 ✓ Instruction: Straighten elbow, extend arm
 ✓ Grade strength: 0-5 refer to strength scores instruction



✓ Level: **C8**
 ✓ Muscle: Flexor digitorum profundus, specifically the distal phalanx of the middle finger *
 ✓ Movement: Finger flexion
 ✓ Instruction: Bend tip of third finger down
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **T1**
 ✓ Muscle: Finger abductors, specifically the abductor digiti minimi *
 ✓ Movement: Finger abduction
 ✓ Instruction: Fan out fingers
 ✓ Grade strength: 0-5 refer to strength scores instructions



Strength Scores

0 = total paralysis

1 = palpable or visible contraction

2 = active movement, gravity eliminated

3 = active movement, against gravity

4 = active movement, against some resistance

5 = active movement, against full resistance

NT = not testable

✓ Level: **C5**
 ✓ Muscle: Biceps brachii *
 ✓ Movement: Elbow flexion
 ✓ Instruction: Bring hand to shoulder
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **C6**
 ✓ Muscle: Carpi ulnaris, extensor carpi radialis longus and radialis brevis *
 ✓ Movement: Wrist extension
 ✓ Instruction: Bend wrist back toward forearm
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **C7**
 ✓ Muscle: Elbow extensors or triceps brachii *
 ✓ Movement: Elbow extension
 ✓ Instruction: Straighten elbow, extend arm
 ✓ Grade strength: 0-5 refer to strength scores instruction



✓ Level: **C8**
 ✓ Muscle: Flexor digitorum profundus, specifically the distal phalanx of the middle finger *
 ✓ Movement: Finger flexion
 ✓ Instruction: Bend tip of third finger down
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **T1**
 ✓ Muscle: Finger abductors, specifically the abductor digiti minimi *
 ✓ Movement: Finger abduction
 ✓ Instruction: Fan out fingers
 ✓ Grade strength: 0-5 refer to strength scores instructions



Strength Scores

0 = total paralysis

1 = palpable or visible contraction

2 = active movement, gravity eliminated

3 = active movement, against gravity

4 = active movement, against some resistance

5 = active movement, against full resistance

NT = not testable

✓ Level: **C5**
 ✓ Muscle: Biceps brachii *
 ✓ Movement: Elbow flexion
 ✓ Instruction: Bring hand to shoulder
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **C6**
 ✓ Muscle: Carpi ulnaris, extensor carpi radialis longus and radialis brevis *
 ✓ Movement: Wrist extension
 ✓ Instruction: Bend wrist back toward forearm
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **C7**
 ✓ Muscle: Elbow extensors or triceps brachii *
 ✓ Movement: Elbow extension
 ✓ Instruction: Straighten elbow, extend arm
 ✓ Grade strength: 0-5 refer to strength scores instruction



✓ Level: **C8**
 ✓ Muscle: Flexor digitorum profundus, specifically the distal phalanx of the middle finger *
 ✓ Movement: Finger flexion
 ✓ Instruction: Bend tip of third finger down
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **T1**
 ✓ Muscle: Finger abductors, specifically the abductor digiti minimi *
 ✓ Movement: Finger abduction
 ✓ Instruction: Fan out fingers
 ✓ Grade strength: 0-5 refer to strength scores instructions



✓ Level: **L2**
 ✓ **Muscle:** Motor function * the Iliopsoas
 ✓ Movement: Hip flexion
 ✓ Instruction: Lift heel off the bed and pull knee to chest at 90 degrees
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L3**
 ✓ **Muscle:** Quadriceps * femoris
 ✓ Movement: Knee extension
 ✓ Instruction: Straighten knee
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L4**
 ✓ **Muscle:** Tibialis anterior *
 ✓ Movement: Ankle dorsiflexion
 ✓ Instruction: Point toes toward nose
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L5**
 ✓ **Muscle:** Extensor hallucis longus
 ✓ Movement: Toe extensors
 ✓ Instruction: Point just big toe toward nose
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **S1**
 ✓ **Muscle:** Ankle plantar flexors, specifically the Gastrocnemius
 ✓ Movement: Ankle plantar flexor
 ✓ Instruction: Push foot down like pressing a gas pedal
 ✓ Grade strength: 0-5 refer to strength scores instructions

Strength Scores

- 0 = total paralysis
- 1 = palpable or visible contraction
- 2 = active movement, gravity eliminated
- 3 = active movement, against gravity
- 4 = active movement, against some resistance
- 5 = active movement, against full resistance
- NT = not testable



✓ Level: **L2**
 ✓ **Muscle:** Motor function * the Iliopsoas
 ✓ Movement: Hip flexion
 ✓ Instruction: Lift heel off the bed and pull knee to chest at 90 degrees
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L3**
 ✓ **Muscle:** Quadriceps * femoris
 ✓ Movement: Knee extension
 ✓ Instruction: Straighten knee
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L4**
 ✓ **Muscle:** Tibialis anterior *
 ✓ Movement: Ankle dorsiflexion
 ✓ Instruction: Point toes toward nose
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L5**
 ✓ **Muscle:** Extensor hallucis longus
 ✓ Movement: Toe extensors
 ✓ Instruction: Point just big toe toward nose
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **S1**
 ✓ **Muscle:** Ankle plantar flexors, specifically the Gastrocnemius
 ✓ Movement: Ankle plantar flexor
 ✓ Instruction: Push foot down like pressing a gas pedal
 ✓ Grade strength: 0-5 refer to strength scores instructions

Strength Scores

- 0 = total paralysis
- 1 = palpable or visible contraction
- 2 = active movement, gravity eliminated
- 3 = active movement, against gravity
- 4 = active movement, against some resistance
- 5 = active movement, against full resistance
- NT = not testable



✓ Level: **L2**
 ✓ **Muscle:** Motor function * the Iliopsoas
 ✓ Movement: Hip flexion
 ✓ Instruction: Lift heel off the bed and pull knee to chest at 90 degrees
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L3**
 ✓ **Muscle:** Quadriceps * femoris
 ✓ Movement: Knee extension
 ✓ Instruction: Straighten knee
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L4**
 ✓ **Muscle:** Tibialis anterior *
 ✓ Movement: Ankle dorsiflexion
 ✓ Instruction: Point toes toward nose
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **L5**
 ✓ **Muscle:** Extensor hallucis longus
 ✓ Movement: Toe extensors
 ✓ Instruction: Point just big toe toward nose
 ✓ Grade strength: 0-5 refer to strength scores instructions

✓ Level: **S1**
 ✓ **Muscle:** Ankle plantar flexors, specifically the Gastrocnemius
 ✓ Movement: Ankle plantar flexor
 ✓ Instruction: Push foot down like pressing a gas pedal
 ✓ Grade strength: 0-5 refer to strength scores instructions

Strength Scores

- 0 = total paralysis
- 1 = palpable or visible contraction
- 2 = active movement, gravity eliminated
- 3 = active movement, against gravity
- 4 = active movement, against some resistance
- 5 = active movement, against full resistance
- NT = not testable

