

## Muscle Strength Scale

Major skeletal muscles can be functionally assessed for their strength. Muscles are evaluated individually with comparison to that of the same muscle on the opposite side of the body. Muscle strength can be monitored over time to follow progression or remission of disease.

<b>Findings</b>	<b>Grade</b>
normal motor power	5
able to overcome gravity and significant resistance but strength not quite normal	4++
able to overcome gravity and moderate resistance	4+
able to overcome gravity and mild resistance	4
able to overcome gravity but not resistance	3
unable to overcome the force of gravity but able to move in the plane of the supported extremity	2
flicker movements only	1
total paralysis	0

### References:

Miller DW Hahn JF. Chapter 1: General methods of clinical examination. pags 31-32. IN: Youmans JR. Neurological Surgery 4 edition. W.B. Saunders Company. 1996.