

MMT 8 starting positions and instructions



Neck Flexion:

Lying completely supine. Allow neck to flex about 45°

Add resistance to the forehead



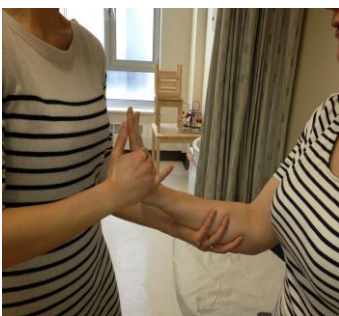
Shoulder Abduction:

Abduct a straight arm to 90°. Add resistance to proximal to the elbow. Stabilise the body with the other hand.



Elbow Flexion:

Support the arm at the elbow, keeping the arm close to the body. Flex the elbow to 45° and add resistance proximal to the wrist.



Wrist Extension:

Support the forearm, keeping the arm close to the body. Extend the wrist to 60°. Add resistance to the back of the hand.

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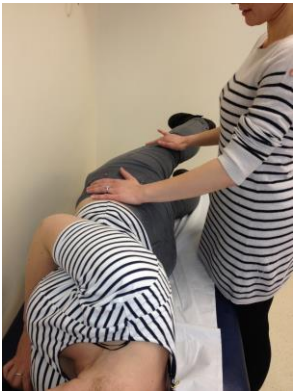
Knee Extension:

In a sitting position, extend the knee fully, and then allow 5° flexion (so the knee is not locked). Place the resistance proximal to the ankle. Keep the other hand on the knee to ensure the knee does not lock.



Hip Extension:

Lying prone, keep the pelvis flat. Flex the knee to 90° and then lift the upper leg and knee off the bed 15°. Place the resistance proximal to the knee, use the other hand to stabilise the pelvis.



Hip Abduction:

Lying on their side, with slight extension at the pelvis and forward tilt at the trunk. Abduct the hip, keeping the knee straight. Stabilise the pelvis with one hand and add resistance proximal to the knee.



Ankle Dorsi-flexion:

In lying supine; dorsi-flex the ankle to 5° keeping the knee straight. Add resistance to the dorsal aspect of the foot

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Scoring

* **MMT:** 0=no muscle action, 1=flicker of muscle action, 2=muscle action with gravity counterbalance, 3=muscle action against gravity, 4=muscle action against gravity with some resistance, 5=full muscle strength, (9=not done)

STANDARD SCORE FOR Kendall MMT (0–10 SCALE)		
	FUNCTION OF THE MUSCLE	0–10 SCALE
No Movement		0
Test Movement	MOVEMENT IN HORIZONTAL PLANE	
	Moves through partial range of motion	1
	Moves through complete range of motion	2
	Moves to completion of range against resistance Or Moves to completion of range and holds against pressure Or	3
	ANTIGRAVITY POSITION	
	Moves through partial range of motion	
Test Position	Gradual release from test position	4
	Holds test position (no added pressure)	5
	Holds test position against slight pressure	6
	Holds test position against slight to moderate pressure	7
	Holds test position against moderate pressure	8
	Holds test position against moderate to strong pressure	9
	Holds test position against strong pressure	10

Acknowledgement:

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