

Muscle Testing

Muscle testing is used to test the strength of a muscle against force. It may reveal a healthy condition, weakness or inhibition (not firing) due to injury or the presence of a tear.

The client holds a specific position and the practitioner offers gentle resistance against a designated movement

Each inquiry begins with the practitioner stating “Don’t let me move you.”

Never use excessive force

Never continue if there is pain

Muscle Testing - Supraspinatus



- Ask client to extend arm out at 15 degrees to body (scaption) and provide gentle pressure downward with statement, “Don’t let me move you.” Notice difference from right to left arm.

Muscle Testing - Infraspinatus



- Place client's bent forearms in front of body, with elbows glued to their sides. Provide gentle medial resistance, towards the center of their body. Say "Don't let me move you."

Muscle Testing – Teres Minor



- In supine, place client's arm along side body, elbow to waist, stabilize elbow and hold under wrist, providing gentle pressure towards ceiling. Repeat statement.

Muscle Testing - Subscapularis



- With client supine, elbow at their side, arm rotated toward center of body, stabilize elbow with your hand, hold on inside of wrist, gentle pressure away from their body. Repeat statement.