

# FSHD MANUAL MUSCLE TESTING

**Form #:**     
**Visit #:**     
**Subject #:**   -      
**Initials:**      
**Date: (mm-dd-yyyy)**   -   -

### Missing Value Codes

A=lab or equipment failure

W=Weakness related

D=not applicable

T=unable to test due to temporary condition

P=unable to test due to permanent disability

X=unknown

E=examiner error

**Date of Birth:**   -   -      
mm-dd-yyyy

### MMT (MRC 0-5, with +/- as needed)

Shoulder Abductors Right

 

Shoulder Abductors Left

 

Elbow Flexors Right

 

Elbow Flexors Left

 

Wrist Extensors Right

 

Wrist Extensors Left

 

Wrist Flexors Right

 

Wrist Flexors Left

 

Common Finger Extensors Right

 

Common Finger Extensors Left

 

Thumb Flexor Right

 

Thumb Flexor Left

 

Hip Flexors Right

 

Hip Flexors Left

 

Knee Extensors Right

 

Knee Extensors Left

 

Ankle Dorsiflexors Right

 

Ankle Dorsiflexors Left

 

Hip Abductors Right

 

Hip Abductors Left

 

Hip Adductors Right

 

Hip Adductors Left

 

Neck Flexors

 

Neck Extensors

 

Elbow Extensors Right

 

Elbow Extensors Left

 

Shoulder External Rotators Right

 

Shoulder External Rotators Left

 

Hip Extensors Right

 

Hip Extensors Left

 

Knee Flexors Right

 

Knee Flexors Left

 

Ankle Plantarflexors Right

 

Ankle Plantarflexors Left