



# Polio Survivors' Page

## Grading For Manual Muscle Testing

attributed to Dr. Perry - Rancho Polio Clinic

This testing is usually done by a trained physical therapist, physical medicine or rehab specialist and is somewhat subjective -- dependent on the tester and their strength.

For muscles without anterior horn cell involvement, muscle grades are as follows:

- 5 -- Normal
- 4 -- Good
- 3 -- Fair
- 2 -- Poor
- 1 -- Trace

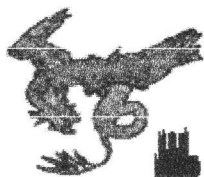
Dr. Perry reports that in 1953, Sharrad found that clinicians failed to identify ANY weakness unless more than half of the anterior horn cells were gone.

In 1961, Beasley reported his quantitative studies of muscles with anterior horn cell involvement, demonstrating that such muscles graded 5 were really only about 65 per cent of "true normal" and those graded 4 were really only about 40 per cent of "true normal."

Dr. Perry's measurements of muscle force and EMG analysis confirm that manual grades of good (4) and normal (5) grossly underestimate the amount of weakness that there is in affected muscles -- that is, these grades are registered by strengths that are only 40 to 60 per cent of "true normal."

BEASELY SCALE (for affected muscles)

GRADE	NAME	% TRUE NORMAL
5	Normal	50%
4	Good	40%
3	Fair	20%
2	Poor	10%
1	Trace	1%



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Document Reference: <URL:<http://www.eskimo.com/~dempt/grading.htm>>

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