

|                            | MUSCLE ACTIVITY   | KENDALL |    |        | DANIELS & WORTHINGHAM |        |
|----------------------------|---|---------|----|--------|-----------------------|--------|
| No movement                | No contraction felt in muscle   | 0       | 0  | Zero   | 0                     | Zero   |
|                            | Tendon is prominent and muscle contraction is palpable, no visible movement of tested body part | T       | 1  | Trace  | 1                     | Trace  |
| GRAVITY MINIMIZED POSITION |   |         |    |        |                       |        |
| Test movement              | Moves through partial range of motion   | 1       | 2- | Poor-  | 2-                    | Poor-  |
|                            | Moves through complete range of motion  | 2       | 2  | Poor   | 2                     | Poor   |
| ANTI-GRAVITY POSITION      |   |         |    |        |                       |        |
| Test position              | Moves through partial range of motion   | 3       | 2+ | Poor+  | 2+                    | Poor+  |
|                            | Gradual release from test position  | 4       | 3- | Fair-  |                       |        |
|                            | Holds test position with no resistance  | 5       | 3  | Fair   | 3                     | Fair   |
|                            | Holds test position against slight resistance   | 6       | 3+ | Fair+  | 3+                    | Fair+  |
|                            | Holds test position against slight to moderate resistance                                       | 7       | 4- | Good-  |                       |        |
|                            | Holds test position against moderate resistance   | 8       | 4  | Good   | 4                     | Good   |
|                            | Holds test position against moderate to strong resistance                                       | 9       | 4+ | Good+  |                       |        |
|                            | Holds test position against strong resistance   | 10      | 5  | Normal | 5                     | Normal |