

Graduation with Manual Force Measurement

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|----|----|---|---|
| 10 | 5 | 5 | Normal force. Able to resist gravity and maximal pressure. |
| 9 | 5- | | Hardly perceptible weakness. Able to resist gravity and moderate pressure. |
| 8 | 4+ | 4 | moves the joint against a combination of gravity and moderate to maximum resistance |
| 7 | 4 | | moves the joint against a combination of gravity and moderate resistance |
| 6 | 4- | 3 | moves the joint against a combination of gravity and minimum but sustained resistance |
| 5 | 3+ | | capable of temporary resistance , but force and/or the extent of movement suddenly drops off if sustained |
| 4 | 3 | | cannot move against resistance , but the joint has a full range of movement against gravity |
| 3 | 3- | 2 | moves the joint against gravity , but not to the full range of movement of the joint (but may when gravity is neutralized) |
| 2 | 2 | | Able to move joint but not resist gravity. |
| 1 | 1 | 1 | weak muscular contraction can be seen or felt |
| 0 | 0 | 0 | no contraction can be seen or felt |

(6 scale originally from Lovett, 11 scale is modified MRC-scale by Brooke. Adapted and revised by ORTHO-SYSTEMS)