

Functional Strength Assessment

ID Number _____ Therapist: _____ Date of Assessment: _____

Rate the major muscle groups in the table below based on the following scaling:

- 5 full available range against gravity and strong resistance
- 4 full available range against gravity and some resistance
- 3 full available range against gravity, but no resistance
- 2 unable to move completely against gravity
- 1 only flicker of contraction or just initiates movement against gravity

Major Muscle Groups	normal	minimal weakness	moderate weakness	severe weakness	extreme weakness
NECK AND TRUNK EXTENSORS test in prone suspension on lap	5	4	3	2	1
LEFT HIP EXTENSORS test in prone suspension on lap	5	4	3	2	1
RIGHT HIP EXTENSORS test in prone suspension on lap	5	4	3	2	1
NECK AND TRUNK FLEXORS test with pull-to-sit maneuver	5	4	3	2	1
LEFT KNEE EXTENSORS Test in (supported) sitting	5	4	3	2	1
RIGHT KNEE EXTENSORS Test in (supported) sitting	5	4	3	2	1
LEFT SHOULDER FLEXORS test in (supported) sitting	5	4	3	2	1
RIGHT SHOULDER FLEXORS test in (supported) sitting	5	4	3	2	1

TOTAL STRENGTH SCORE = _____