

## Manual muscle testing (MMT) work sheet

	Right	Left	Sum
Lid ptosis	_____	_____	_____
Diplopia	_____	_____	_____
Eye closure	_____	_____	_____
Cheek puff	_____	_____	_____
Tongue protrusion	_____	_____	_____
Jaw closure	_____	_____	_____
Neck flexion	_____	_____	_____
Neck extension	_____	_____	_____
Shoulder abduction (deltoid)	_____	_____	_____
Elbow flexion (biceps)	_____	_____	_____
Elbow extension (triceps)	_____	_____	_____
Wrist extension	_____	_____	_____
Grip	_____	_____	_____
Hip flexion (iliopsoas)	_____	_____	_____
Knee extension (quadriceps)	_____	_____	_____
Knee flexion (hamstrings)	_____	_____	_____
Ankle dorsiflexion (tibialis anterior +)	_____	_____	_____
Ankle plantar flexion	_____	_____	_____
<i>TOTAL</i>	_____	_____	_____

Note: Score each function as follows: 0, normal; 1, 25% weak/mild impairment; 2, 50% weak/moderate impairment; 3, 75% weak/severe impairment; 4, paralyzed/unable to do. In addition, record any conditions other than MG causing weakness in any of these muscles.