

## The Relationship between Muscle Strength and Residual Motor Cells

Lovett	Kendall			Daniels	M.R.C. scale		Percentage of residual motor cells
Zero	0%	No movement	No contraction felt or seen in the muscle	0	0	no contraction	0~2
Trace	5%		Tendon becomes prominent or feeble contraction felt in muscle with no visible movement	1	1	flicker or trace of contraction	2~3
Poor-	10%	Supported in the Horizontal plane	Movement through partial range of motion	2	2	active movement with gravity eliminated	3~5
Poor	20%		Movement through complete range of motion for the muscle being tested				
Poor+	30%		Holds against slight pressure in test position				
Fair-	40%	Tests in the Antigravity position	Moves through partial range of motion against gravity	3	3	active movement against gravity	5~10
Fair	50%		Gradual release from test position occurs				
Fair+	60%		Hold test position (no added pressure)				
Good-	70%		Hold test position against slight pressure	4	4-	active movement against slight resistance	10~20
Good	80%		Hold test position against moderate pressure		4	active movement against moderate resistance	20~40
Good+	90%		Hold test position against moderate to strong pressure		4+	active movement against strong resistance	
Normal	100%		Hold test position against strong pressure		5	5	normal power