

# Download Reliability Of Manual Muscle Testing

Manual muscle testing is a skill that takes time and practice to perform with reliability. However, it is a valuable tool for fitness professionals. REHABILITATION AND MUSCLE TESTING W.K. DURFEE P.A. IAIZZO University of Minnesota Minneapolis, Minnesota INTRODUCTION There is a growing need in clinical medicine to validate the Applied kinesiology (AK) is a technique in alternative medicine claimed to be able to diagnose illness or choose treatment by testing muscles for strength and weakness.. According to their guidelines on allergy diagnostic testing, the American College of Allergy, Asthma and Immunology stated there is "no evidence of diagnostic validity" of applied kinesiology. An assessment of muscle strength is typically performed as part of a patient's objective assessment. This should assist the physiotherapist's clinical reasoning and enable them to reason an appropriate point to begin strengthening rehabilitation from. Muscle strength can be assessed by a number of methods: manually, functionally or mechanically. &#91;1&#93;