

Functional tests and MET

<i>Muscle</i>	<i>Functional Test</i>	<i>MET (minimal contraction)</i>
<i>Supine</i>		
Upper Trapezius	Side flexion head	Side bend away.
Levator Scapulae	Side and forward flexion- chin to touch chest	Move head back to central position.
Scalenes	Extension, side flexion L, rotate R	Move head back to central position.
SCM	Rotate neck 90°	Rotate neck away.
Pec. Major	Arms overhead & let go, should flop down. If above couch= tight	
Lat Dorsi	Arms overhead & let go, should flop down. If pull to sides = tight	<i>Sitting</i> Rotate RIL from hip-with therapist helping and resisting on contraction.
Subscapularis	Humerus 90° abduction (to sides pointing up). Lateral rotation (back) 90°, if not = tight	As test
Infraspinatus	Humerus 90° abduction (to sides pointing up). Medial rotation (forward) 90°, if not = tight	As test
Hamstrings	Both legs straight - one at a time lift up. 80° normal	As test
Adductors	Abduct with knee flexed. 45° = normal	Leg out. restrict when pulling in
Gastroc	Straight leg - neutral position of ankle shouldn't be tight.	Hand under heel bone -- plantar and stretch into dorsiflexion
Sofeus	leg (knee R angle) - neutral position of ankle shouldn't be tight.	Hand under heel bone with bent knee -- plantar and stretch into dorsif
<i>Prone</i>		
Piriformis	Fix hand on pelvis - medial rotation of the knee	Knee bent and out or <i>Supine</i> Knee towards opposite shoulder
<i>On side</i>		
QL	Palpate gluteus medius, TFL & QL, when abducting straight leg they should fire in this order	<i>Supine</i> Banana position
TFL / ITB	Ober's test. Shoulder, hip & knee in line. both knees bent. Hold top knee, when let go should drop.	<i>Supine</i> Knee bent over straight leg. To work on the straight leg. Therapist hand on knee and hip
<i>Sitting</i>		
Iliopsoas	Thomas test. Sit on edge of couch with one knee hugged in. Lie back. Knee & thigh up off couch if tight.	As test
Rec Fem	Thomas test Sit on edge of couch with one knee hugged in. Lie back. Ankle out (leg straightens) if tight	<i>Prone</i> Bend knee into buttock