

CVH-513 **CONNECTICUT VALLEY HOSPITAL**
 Rev. 5/01 **PHYSICAL THERAPY**
MUSCLE EXAMINATION

☐ General Psychiatry Division
☐ Whiting Forensic Division
☐ Addiction Services Division

Name _____

MPI# _____ *Print or Addressograph Imprint*

LEFT				RIGHT			
			NECK	Flexors	Sternocleidomastoldeus		
				Extensor Group			
			TRUNK	Flexors	Rectus abdominis		
				R.Obl. ext. abd. L. Obl. int. abd. } Rotators	{ L. Obl. ext. abd. R. Obl. ext. abd.		
				Extensors	{ Thoracic group Lumbar group		
				Pelvic elev.	Quadratus lumb.		
			HIP	Flexors	{ Iliopsoas Sartorius		
				Extensors	Gluteus maximus		
				Abductors	{ Gluteus medius Tensor fasciae latae		
				Adductor group			
				Lateral rotator group			
			KNEE	Flexors	{ Biceps femoris Inner hamstrings		
				Extensors	Quadriceps femoris		
			ANKLE	Plantar flexors	{ Gastrocnemius Soleus		
			FOOT	Invertors	{ Tibialis anterior Tibialis posterior		
				Evertors	{ Peroneus brevis Peroneus longus		
			TOES	M. P. flexors	Lumbricates		
				I. P. flexors (Prox.)	Flex. digit. br.		
				I. P. flexors (Distal)	Flex. digit. I.		
				M. P. extensors	{ Ext. digit. I. Ext. digit. br.		
			HALLUX	M. P. flexor	Flex. hall. br.		
				I. P. flexor	Flex. hall. I.		
				M. P. extensor	Ext. hall. br.		
				I. P. extensor	Ext. hall. I.		

LEFT				RIGHT			
				SCAPULA	Abductor	Serratus anterior	
					Elevator	Trapezylus (superior)	
					Depressor	Trapezius (inferior)	
					Extensors	Gluteus maximus	
					Abductors	{ Trapezius (middle) Rhomboides maj. & min.	
				SHOULDER	Flexor	Deltoideus (anterior)	
					Extensors	{ Latissimus dorsi Teres major	
					Abductor	Deltoideus (middle)	
					Horiz. abd.	Deltoideus (posterior)	
					Horiz. add.	Pectoralis major	
					Lateral rotator group		
					Medial rotator group		
				ELBOW	Flexors	{ Biceps brachii Brachialis Brachioradialis	
					Extensor	Triceps brachii	
				FOREARM	Supinator group		
					Pronator group		
				WRIST	Flexors	{ Flex. carpi rad. Flex. carpi uln.	
					Extensors	{ Ext. carpi rad. l. & br. Ext. carpi uln.	
				FINGERS	M. P. flexors	Lumbricales	
					I. P. flexors (Prox.)	Flex. digit. sup.	
					I. P. flexors (Distal)	Flex. digit. prof.	
					M. P. extensor	Ext. digit. com.	
					Adductors	Interossei palmares	
					Adductors	Interossei dorsales	
					Abductor digiti minimi		
					Opponens digiti minimi		
				THUMB	M. P. flexor	Flex. poll. br.	
					I. P. flexor	Flex. poll. l.	
					M. P. extensor	Ext. poll. br	
					I. P. extensor	Ext. poll. l.	
					Abductors	{ Abd. poll. br. Abd. poll. l.	
					Adductor pollicis		
					Opponens pollicis		
				FACE:			

Signature/Title of Therapist

Date