

# HOGGAN

## SCIENTIFIC, LLC.

### MUSCLE TESTING POSITIONS

Diagrams indicate muscle tests with transducer placement, proper positioning and stabilization for test



**SHOULDER FLEXION**

**Tested Individual:** Supine  
**Shoulder Position:**  
 Flexed 90 degrees  
**Dynamometer Position:**  
 Just proximal to elbow



**SHOULDER EXTENSION**

**Tested Individual:** Supine  
**Shoulder Position:**  
 Flexed 90 degrees  
**Dynamometer Position:**  
 Just proximal to elbow



**SHOULDER ABDUCTION**

**Tested Individual:** Supine  
**Shoulder Position:**  
 Abducted 90 degrees  
**Dynamometer Position:**  
 Just proximal to elbow



**SHOULDER EXTERNAL ROTATION**

**Tested Individual:** Supine  
**Shoulder Position:**  
 Abducted 45 degrees  
**Elbow Position:**  
 Flexed 90 degrees  
**Dynamometer Position:**  
 Just proximal to wrist



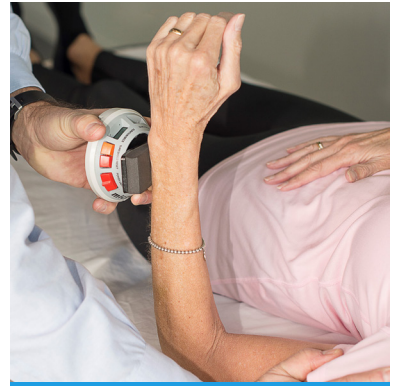
**SHOULDER INTERNAL ROTATION**

**Tested Individual:** Supine  
**Shoulder Position:**  
 Abducted 45 degrees  
**Elbow Position:**  
 Flexed 90 degrees  
**Dynamometer Position:**  
 Just proximal to wrist



**ELBOW FLEXION**

**Tested Individual:** Supine  
**Elbow Position:**  
 90 degrees  
**Dynamometer Position:**  
 Just proximal to wrist



**ELBOW EXTENSION**

**Tested Individual:** Supine  
**Elbow Position:**  
 90 degrees  
**Dynamometer Position:**  
 Just proximal to wrist



**FOREARM PRONATION**

**Tested Individual:** Supine  
**Elbow Position:**  
 90 degrees  
**Dynamometer Position:**  
 Against dowel 20cm from  
 dowel held in hand



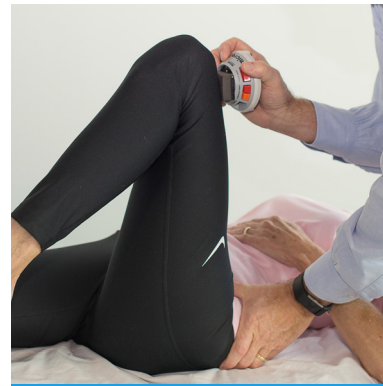
**FOREARM SUPINATION**

**Tested Individual:** Supine  
**Elbow Position:**  
 90 degrees  
**Dynamometer Position:**  
 Against dowel 20cm from  
 dowel held in hand



**WRIST EXTENSION**

**Tested Individual:** Supine  
**Elbow Position:**  
 90 degrees  
**Dynamometer Position:**  
 Just proximal to  
 metacarpal phalangeal  
 joints of hand



**HIP FLEXION**

**Tested Individual:** Supine  
**Hip Position:**  
 Flexed 90 degrees  
**Dynamometer Position:**  
 Just proximal to femoral  
 condyles



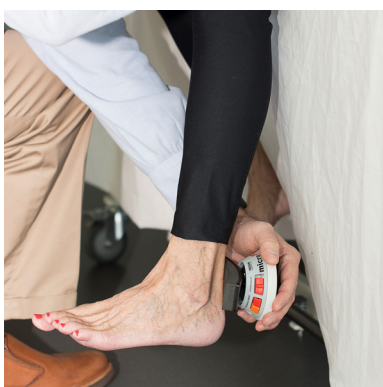
**HIP ABDUCTION**

**Tested Individual:** Supine  
**Hip Position:**  
 Extended & abducted 0  
 degrees  
**Dynamometer Position:**  
 Just proximal to lateral  
 knee joint line



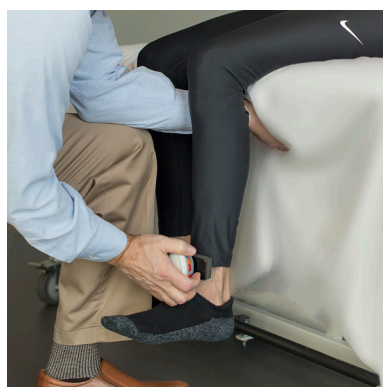
**HIP EXTENSION**

**Tested Individual:** Supine  
**Lower Limb Position:**  
 Knee extended with distal  
 limb supported on block  
**Dynamometer Position:**  
 Just distal to malleoli on  
 Achille's tendon.



**KNEE FLEXION**

**Tested Individual:** Sitting  
**Lower Limb Position:**  
 Hip & knee flexed 90  
 degrees  
**Dynamometer Position:**  
 Just distal to malleoli on a  
 Achilles tendon.



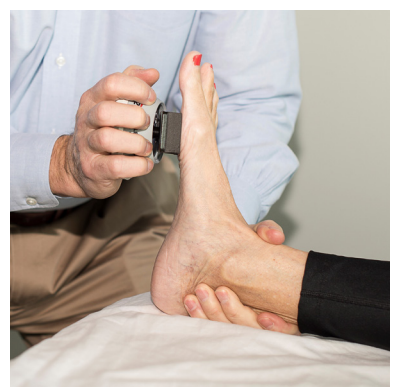
**KNEE EXTENSION**

**Tested Individual:** Sitting  
**Lower Limb Position:**  
 Hip & knee flexed 90  
 degrees  
**Dynamometer Position:**  
 Just proximal to malleoli



**ANKLE DORSIFLEXION**

**Tested Individual:** Supine  
**Lower Limb Position:**  
 Knee extended & ankle in  
 neutral dorsiflexion  
**Dynamometer Position:**  
 Just proximal to  
 metacarpal phalangeal  
 joints



**ANKLE PLANTARFLEXION**

**Tested Individual:** Supine  
**Lower Limb Position:**  
 Knee extended & ankle in  
 neutral dorsiflexion  
**Dynamometer Position:**  
 Over metacarpal  
 phalangeal joints