

Table 13.2 Manual Muscle Tests for Muscles Acting on the Elbow

Motion	Athlete position	Stabilizing hand placement	Resistance hand placement	Instruction to athlete	Primary muscles tested
Elbow flexion	Seated or supine, forearm supinated	Distal posterior humerus at elbow	Ventral surface of distal forearm	Move palm toward shoulder.	Biceps brachii
Elbow flexion	Seated or supine, forearm pronated	Distal posterior humerus at elbow	Dorsal surface of distal forearm	Move back of hand toward shoulder.	Brachialis
Elbow flexion	Seated or supine, forearm neutral	Distal posterior humerus at elbow	Radial (lateral) surface of distal forearm	Move thumb toward shoulder.	Brachioradialis
Elbow extension	Prone with forearm off table or supine with shoulder flexed to 90° and internally rotated	Humerus	Dorsal surface of distal forearm	Straighten elbow, moving back of hand toward ceiling.	Triceps brachii
Forearm supination	Seated, elbow flexed to 90°	Elbow held at athlete's side	Grasping distal forearm, resistance on dorsal aspect	From neutral position, supinate (laterally rotate) the forearm while trying to move it into pronation.	Biceps brachii, supinator
Forearm pronation	Seated, elbow flexed to 90°	Elbow held at athlete's side	Grasping distal forearm, resistance on ventral aspect	From neutral position, pronate (medially rotate) the forearm while trying to move forearm into supination.	Pronator teres, pronator quadratus

From S. Shultz, P. Houglum, and D. Perrin, 2016. *Examination of musculoskeletal injuries*, 4th ed. (Champaign, IL: Human Kinetics).