

Commander™ Muscle Testing Report

Upper Extremities

Name: _____ Date: _____ Examiner: _____

☐ Assigned ☐ Sequential

☐ Assigned ☐ Sequential			Right					Left					
Asn.	Seq.	Test	REPI	REP2	REP3	REP4	%CV	REPI	REP2	REP3	REP4	%CV	%DEF
1	_____	Neck Flexion											
2	_____	Neck Extension											
3	_____	Neck AL Flexion											
4	_____	Shoulder Flexion											
5	_____	Shldr. Extension											
6	_____	Shldr. Abduction											
7	_____	Shldr. Horiz. Abd.											
8	_____	Shldr. Horiz. Add.											
9	_____	Shldr. Horiz. Add. -up											
10	_____	Shldr. Horiz. Add. - low											
11	_____	Shldr. Lat. Rotation											
12	_____	Shldr. Med. Rotation											
13	_____	Scap. Adduction											
14	_____	Scap. Add. w/d. rot.											
15	_____	Scap. Dep./Add.											
16	_____	Scap. Elevation											
17	_____	Elbow Flex. (neut.)											
18	_____	Elbow Flex. (sup.)											
19	_____	Elbow Extension											
20	_____	Wrist Flexion											
21	_____	Wrist Extension											

Footnotes:

1. "%CV" is the coefficient of variation for performed tests (minimum of two repetitions required).
2. "%DEF" is the deficit percentage existing between right and left side tests based on bilateral comparison of maximum force values.
3. "Asn." is an assigned test and test numbers follow the worksheet/flip chart numbering system, "Seq." is a sequential test where the examiner designated the test numbers.

Commander™ Muscle Testing Report

Lower Extremities

Name: _____ Date: _____ Examiner: _____

		Right					Left					
Asn. Seq.	Test	REPI	REP2	REP3	REP4	%CV	REPI	REP2	REP3	REP4	%CV	%DEF
22	___ Trunk Extension											
23	___ Hip Flexion											
24	___ Hip Ext. (knee flexed)											
25	___ Hip Ext. (knee neutral)											
26	___ Hip Abduct. (flexed)											
27	___ Hip Abduct. (neutral)											
28	___ Hip Adduction											
29	___ Hip Lat. Rotation											
30	___ Hip Med. Rotation											
31	___ Knee Flexion (Lat. Rot.)											
32	___ Knee Flexion (Med. Rot.)											
33	___ Knee Extension											
34	___ Ankle Dorsiflx./Inv.											
35	___ Foot Eversion											
36	___ Foot Inversion											
37	___ Great Toe Extension											

Footnotes:

1. “%CV” is the coefficient of variation for performed tests (minimum of two repetitions required).
2. “%DEF” is the deficit percentage existing between right and left side tests based on bilateral comparison of maximum force values.
3. “Asn.” is an assigned test and test numbers follow the worksheet/flip chart numbering system, “Seq.” is a