

# 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



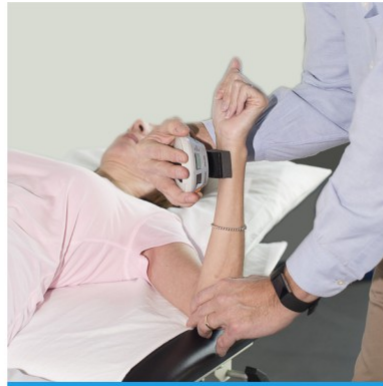
SHOULDER ABDUCTION

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



SHOULDER

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



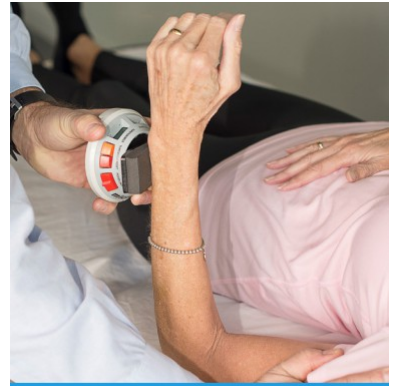
SHOULDER

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



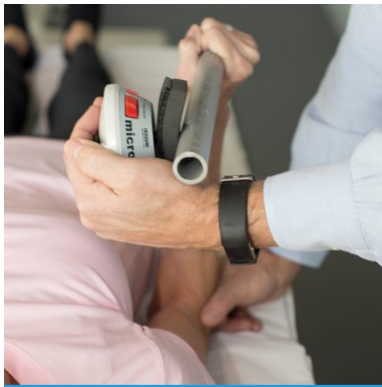
ELBOW FLEXION

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



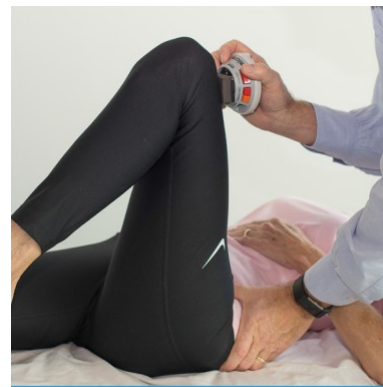
FOREARM SUPINATION

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



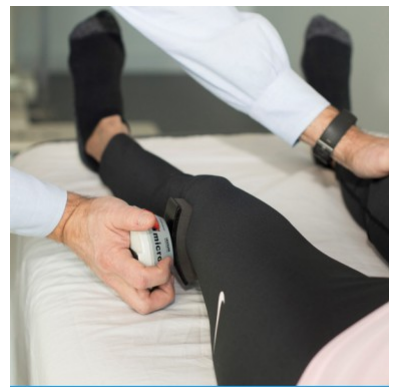
WRIST EXTENSION

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



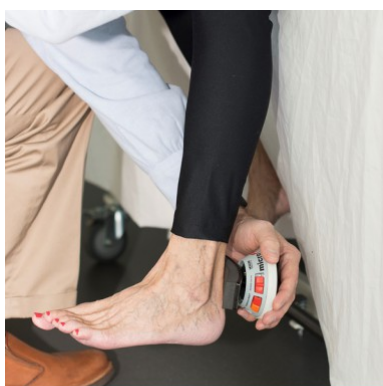
HIP ABDUCTION

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



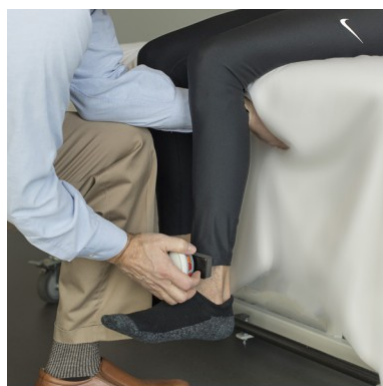
HIP EXTENSION

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



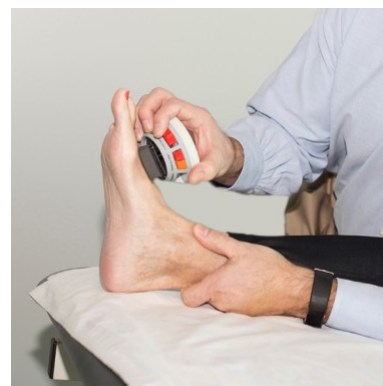
KNEE FLEXION

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



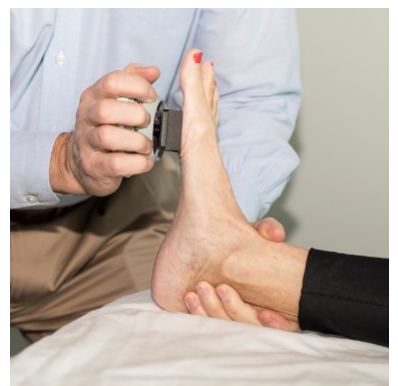
KNEE EXTENSION

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