MMT Practice Test Questions and Answers

1. What does MMT stand for in physical therapy assessment?

A) Manual Muscle Testing
B) Maximum Movement Test
C) Motor Muscle Training
D) Muscle Memory Test

2. What is the highest grade on the MMT scale?

A) Grade 4
B) Grade 5
C) Grade 6
D) Grade 10

3. What does a Grade 3 muscle strength indicate in MMT?

A) No muscle contraction
B) Muscle can move through full range against gravity
C) Muscle can resist maximum manual pressure
D) Trace muscle contraction only

4. During MMT, what position should be used to test against gravity?

A) Supine position for all tests
B) Position that places muscle in antigravity orientation
C) Prone position only
D) Standing position for all muscles

Answers: 1-A 2-B 3-B 4-B

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