

M.P.E.T CHART

Mahboob Power Evaluation and Therapeutic Chart or

MUSCLE POWER EVALUATION AND THERAPEUTIC CHART

GROUP	GRADE	POSITION FOR EXERCISE	EXERCISE PLAN					
			Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Hip Flexors	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Extensors	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Abductors	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Ext.Rotators	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Ent.Rotators	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Knee Flexors	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Extensor	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Foot invertors Ant.Tibialis	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Invertors post Tibialis	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Evertors Peroneus Brev.and longus	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
TOES Flexors	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Extensors	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
HALLUX Flexors	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force
Extensors	0,1,2,3,4,5	Prone,Supin,SideLying	Active	Active Assist	Active Assist	Active Free	Passive	Passive Force

SPECIAL FINDING/REMARKS AND INSTRUCTIONS.

The patient with quadriceps in Grade 2 will perform these exercises for 4 months and then reviewed and if muscle power improves, then revised plan may be given according to M. P. E. T. Chart.

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