

# Strength of Individual Muscle Groups

Patterns of weakness can help localize a lesion to a particular cortical or white matter region, spinal cord level, nerve root, peripheral nerve, or muscle. Test the strength of each muscle group and record it in a systematic fashion. It is wise to pair the testing of each muscle group immediately with testing of its contralateral counterpart to enhance detection of any asymmetries.

see [Medical Research Council Scale for Muscle Strength](#)

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