

**Hand-held Myometer worksheet:**

Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

Muscle tested: \_\_\_\_\_

Technique (circle one): Make / Break

Myometer measurement (kg): \_\_\_\_\_

Muscle tested: \_\_\_\_\_

Technique (circle one): Make / Break

Myometer measurement (kg): \_\_\_\_\_

Muscle tested: \_\_\_\_\_

Technique (circle one): Make / Break

Myometer measurement (kg): \_\_\_\_\_

Muscle tested: \_\_\_\_\_

Technique (circle one): Make / Break

Myometer measurement (kg): \_\_\_\_\_