

MCGILL'S TORSO MUSCULAR ENDURANCE TEST BATTERY FORM

Date: _____

Trunk flexor endurance test

Time to completion: _____

Trunk lateral endurance test

Right side time to completion: _____ Left side time to completion: _____

Trunk extensor endurance test

Time to completion: _____

Ratio of Comparison	Criteria for Good Relationship Between Muscles
Flexion:extension	Ratio less than 1.0
Right-side bridge:left-side bridge	Scores should be no greater than 0.05 from a balanced score of 1.0
Side bridge (each side):extension	Ratio less than 0.75

Flexion:extension ratio: _____ Rating: Good PoorRight-side bridge:left-side bridge ratio: _____ Rating: Good PoorSide-bridge (each side):extension ratio: _____ Rating: Good Poor