

# McGILL'S TORSO MUSCULAR ENDURANCE TEST BATTERY RECORD SHEET



<b>TRUNK FLEXOR ENDURANCE TEST</b> Time to completion: _____									
<b>TRUNK LATERAL ENDURANCE TEST</b> Right side time to completion: _____ Left side time to completion: _____									
<b>TRUNK EXTENSOR ENDURANCE TEST</b> Time to completion: _____									
<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr style="background-color: #f2f2f2;"> <th style="padding: 5px;">Ratio of Comparison</th> <th style="padding: 5px;">Criteria for Good Relationship Between Muscles</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px;">Flexion:extension</td> <td style="padding: 5px;">Ratio less than 1.0</td> </tr> <tr> <td style="padding: 5px;">Right-side bridge:left-side bridge</td> <td style="padding: 5px;">Scores should be no greater than 0.05 from a balanced score of 1.0</td> </tr> <tr> <td style="padding: 5px;">Side bridge (each side):extension</td> <td style="padding: 5px;">Ratio less than 0.75</td> </tr> </tbody> </table>		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
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