

McGILL'S TORSO MUSCULAR ENDURANCE TEST BATTERY— RECORD SHEET

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 ☐ Poor

Right-side bridge:left-side bridge ratio: _____

Rating: ☐ Good ☐ Poor

Side-bridge (each side):extension ratio: _____

Rating: ☐ Good ☐ Poor