

# Test Your Back

- Use this self-assessment to test the muscles that help support your back.
- Each part focuses on a certain muscles group.
- If you do well on this assessment, you are more likely to have a healthy back.

## Single Leg Lift (Supine)

This test assesses the length of your hamstring muscles.

1. Lie on your back on the floor. Lift the right leg off the floor as high as possible without bending either knee.
2. Repeat using the left leg. Score 1 point if you can lift your right leg to a 90-degree angle to the floor. Score 1 additional point if you can lift your left leg to a 90-degree angle.

## Knee - To - Chest

This test assesses the tightness of your iliopsoas (hip) muscles.

1. Lie on your back on the floor. Make sure your lower back is flat on the floor.
2. Keep the left leg straight and touching the floor. Bring the right knee up until you can hold it tight against your chest. Grasp the back of the thigh.
3. Repeat using your left leg.
4. Score 1 point if you can keep your left leg touching the floor while you hold your right leg against your chest. Score 1 additional point if you can keep your right leg touching the floor while holding the left leg against your chest.

## Single Leg Lift (Prone)

This test assesses the strength of your lower back and hip muscles.

1. Lie face down on the floor. Lift your straight right leg as high as possible. Hold for a count of 10. Then lower your leg.
2. Repeat using your left leg.
3. Score 1 point if you can lift and hold the right leg 1 foot off the floor and hold for a count. Score 1 point if you can lift the left leg 1 foot off the floor and hold for a count.

## Curl-Up

This test assesses abdominal muscles.

1. Lie on the back with your knees bent 90 degrees and your arms extended.
2. Curl up by rolling head, shoulders, and upper back off the floor. Roll up only until your shoulder blades leave the floor.
3. Score 1 point if you can curl up with your arms held straight in front of you and hold for 10 seconds without having to lift your feet off the floor.
4. Score 2 points if you can curl up with your arms across your chest and hold for 10 seconds.

## Upper Back and Arm Lift

This test assesses the strength of your upper back muscles.

1. Lie facedown. Hold your arms straight out in front of your head. Lift your arms and upper body off the floor. Hold for 10 seconds. **Caution: Do not lift your feet off the floor.**
2. Score 1 point if you can lift your chin 1 foot off the floor. Score 2 points if you can lift your chin 1 foot off the floor for 10 seconds.

### **Back-to-Wall**

This test assesses lower back and hip flexibility.

1. Stand with your back to a wall so that your heels, buttocks, shoulders, and head are against the wall.
2. Try to press lower back and neck against the wall without bending your knees or lifting your heels off the floor.
3. Have a partner try to place a hand between your back and the wall.
4. Score 2 points if you can press your back against the wall. Score 1 point if you can press your back against your partner's hand.

<b>Rating</b>	<b>Score</b>
Healthy Back	11-12
Average Risk	9-10
Above Average Risk	6-8
High Risk	Below 6