

Multifidus Lift Test

Patient name: _____ Age: _____ Date: _____

Examiner: _____

Purpose

- To identify lumbar multifidus dysfunction in patients with low back pain

Technique

1. Position the patient relaxed in the prone position.
2. Palpate the multifidus muscle lateral to the interspinous space of L4/L5 and L5/S1.
3. Flex the patient's arm to approximately 120°.
4. Then, bend the elbows to approximately 90°, making them even to the ears.
5. Raise their contralateral arm toward the ceiling by approximately 5 cm.
6. Palpate the multifidus muscle and judge the quality of contraction.
7. Observe the multifidus contraction by palpation. A normal contraction feels robust and obvious, while an abnormal contraction has little or no palpable muscle thickening.

Interpretation

- Positive test:** Abnormal muscle contraction identified
- Negative test:** Normal muscle contraction identified

Additional notes

Healthcare professional's information

Name:

License number:

Contact number:

Signature: