Multifidus Lift Test

Patient name:	Age:	_ Date:	
Examiner:			
_			
Purpose			
To identify lumbar multifidus dysfunction in patients with low back pain			
Technique			
 Position the patient relaxed in the prone position. Palpate the multifidus muscle lateral to the interspinous space of L4/L5 and L5/S1. Flex the patient's arm to approximately 120°. Then, bend the elbows to approximately 90°, making them even to the ears. Raise their contralateral arm toward the ceiling by approximately 5 cm. Palpate the multifidus muscle and judge the quality of contraction. 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 contract	ction identified		
■ Negative test: Normal muscle contraction identified			
Additional notes			
Healthcare professional's information			
Name:			
License number:			
Contact number:			
Signature:	Signature:		

Chakravarthy, K., Lee, D., Tram, J., Sheth, S., Heros, R., Manion, S., Patel, V., Kiesel, K., Ghandour, Y., & Gilligan, C. (2022). Restorative neurostimulation: A clinical guide for therapy adoption. *Journal of Pain Research*, *15*, 1759-1774. https://doi.org/10.2147/JPR.S364081