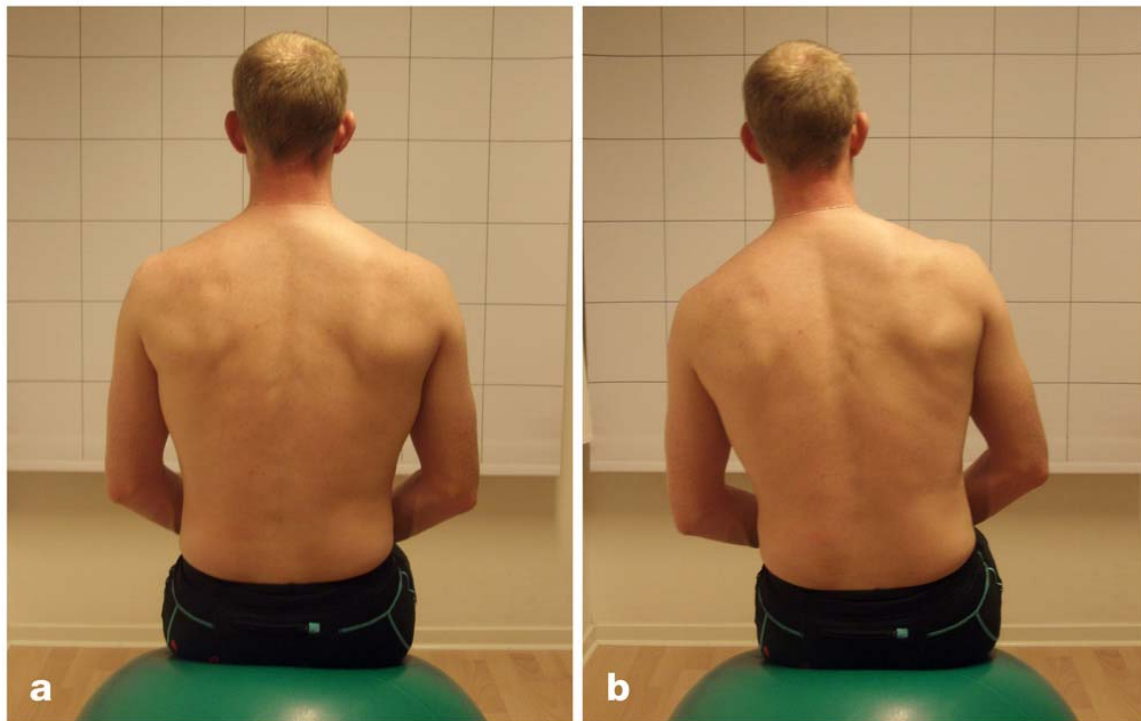


New Clinical Test for Low Back Pain using Exercise Ball
From Tidstrand & Horneij 2009

The Exercise Ball sitting with leg lift test creates a shearing force lateral to the spine, which is thought to increase load on stabilization muscles on the contralateral side. The investigators found very good inter-rater reliability ($k=0.79$) for the Exercise Ball leg lift tests.

Patient sits in front of a curtain or wall with a line drawn longitudinal to spine. Examiner kneels behind patient 2 meters at mid-line so eyes are horizontal with the low back.

Patient places hands on thighs, 5 cm between feet and calves not touching ball. Patient lifts foot 5 cm above the floor for 20 seconds.



Test is positive (Figure b) if:

- spine deviates from original vertical position
- and/or compensatory movements are made by lifted leg or arms
- and/or if 2 or more short changes in posture are observed from the starting position.

Tidstrand J, Horneij E. 2009. Inter-rater reliability of three standardized functional tests in patients with low back pain. BMC Musculoskeletal Disorders. 10:58.