

## Prone Double Straight-Leg Raise Test

The prone double straight-leg raise test has been shown to be a useful test for examining low back muscular endurance and predicting potential low back pain (3, 24).

### Equipment

- A training or massage table

### Procedure

1. Have the client begin the test in the prone position, legs extended, hands underneath the forehead, and forearms perpendicular to the body (figure 11.8*a*).
2. Instruct the client to raise both legs to the point of knee clearance from the table (figure 11.8*b*).
3. You can monitor the test by sliding one hand under the thighs.
4. Record the test duration in seconds.
5. Terminate the test when client can no longer maintain knee clearance from the table.
6. Compare your client's score to the values in table 11.26 (p. 244).



**FIGURE 11.8** Prone double straight-leg raise: (a) beginning position and (b) legs raised position.