

MODIFIED BIERING-SORENSEN TEST

Date of Test: 12/22/2024

Patient: John Mayer3

Date of Birth: 07/21/1964

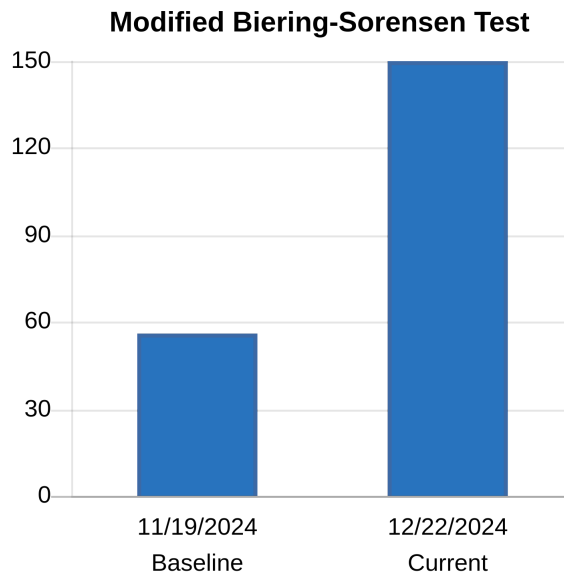
Purpose: The Modified Biering-Sorensen Test is a physical performance assessment designed to provide information about your back muscular endurance, which is related to functional ability and low back disorders. It yields a score in seconds, with a longer time equaling a better score.

Your current Modified Biering-Sorensen Test score is: **150 seconds.**

Your Modified Biering-Sorensen Test score at baseline assessment on 11/19/2024 was: **56 seconds.**

Serial testing from baseline to current demonstrates a change of **94 seconds** in back muscular endurance.

This is **an improvement** in status.



Categories: Normal values depend on gender. For a male, the normal value for the Modified Biering-Sorensen Test is: ≥ 97 **seconds.**

Reference: Alaranta H, Hurri H, Heliövaara M, Soukka A, Harju R. Non-dynamometric trunk performance tests: reliability and normative data. Scand J Rehabil Med. 1994;26(4):211-215.

Please let us know how we can help you improve your functional ability in specific areas that you are concerned with. Thank you.

Provider Signature: _____