

### Back Scratch Test (Women)

Percentile rank	60-64	65-69	70-74	75-79	80-84	85-89	90-94
95	5.0	4.9	4.5	4.5	4.3	3.5	3.9
90	3.8	3.5	3.2	3.1	2.8	1.9	2.2
85	2.9	2.6	2.3	2.2	1.8	0.8	0.9
80	2.2	1.9	1.5	1.3	0.9	-0.1	-0.1
75	1.6	1.3	0.8	0.6	0.2	-0.9	-1.0
70	1.1	0.7	0.3	0.0	-0.4	-1.6	-1.8
65	0.7	0.2	-0.2	-0.5	-1.0	-2.1	-2.5
60	0.2	-0.3	-0.8	-1.1	-1.6	-2.8	-3.2
55	-0.2	-0.7	-1.2	-1.6	-2.1	-3.3	-3.8
50	-0.7	-1.2	-1.7	-2.1	-2.6	-3.9	-4.5
45	-1.2	-1.7	-2.2	-2.6	-3.1	-4.5	-5.2
40	-1.6	-2.1	-2.6	-3.1	-3.7	-5.0	-5.8
35	-2.1	-2.6	-3.2	-3.7	-4.2	-5.7	-6.5
30	-2.5	-3.1	-3.7	-4.2	-4.8	-6.2	-7.2
25	-3.0	-3.7	-4.2	-4.8	-5.4	-6.9	-8.0
20	-3.6	-4.3	-4.9	-5.5	-6.1	-7.7	-8.9
15	-4.3	-5.0	-5.7	-6.4	-7.0	-8.6	-9.9
10	-5.2	-5.9	-6.6	-7.3	-8.0	-9.7	-11.2
5	-6.4	-7.3	-7.9	-8.8	-9.5	-11.3	-13.0

Adapted from Rikli & Jones 1999.

### Back Scratch Test (Men)

Percentile rank	60-64	65-69	70-74	75-79	80-84	85-89	90-94
95	4.5	3.9	3.5	2.8	3.2	1.7	0.7
90	2.7	2.2	1.8	0.9	1.2	-0.1	-1.1
85	1.6	1.0	0.6	-0.3	-0.1	-1.2	-2.2
80	0.6	0.0	-0.4	-1.3	-1.2	-2.2	-3.2
75	-0.2	-0.8	-1.2	-2.2	-2.1	-3.0	-4.0
70	-0.9	-1.6	-2.0	-2.9	-2.9	-3.7	-4.7
65	-1.5	-2.2	-2.6	-3.6	-3.6	-4.3	-5.3
60	-2.2	-2.9	-3.3	-4.3	-4.3	-5.0	-6.0
55	-2.8	-3.5	-3.9	-4.9	-5.0	-5.6	-6.6
50	-3.4	-4.1	-4.5	-5.6	-5.7	-6.2	-7.2
45	-4.0	-4.7	-5.1	-6.3	-6.4	-6.8	-7.8
40	-4.6	-5.3	-5.7	-6.9	-7.1	-7.4	-8.4
35	-5.3	-6.0	-6.4	-7.6	-7.8	-8.1	-9.1
30	-5.9	-6.6	-7.0	-8.3	-8.5	-8.7	-9.7
25	-6.6	-7.4	-7.8	-9.0	-9.3	-9.4	-10.4
20	-7.4	-8.2	-8.6	-9.9	-10.2	-10.2	-11.2
15	-8.4	-9.2	-9.6	-10.9	-11.3	-11.2	-12.2
10	-9.5	-10.4	-10.8	-12.1	-12.6	-12.3	-13.3
5	-11.3	-12.1	-12.5	-14.0	-14.6	-14.1	-15.1

Adapted from Rikli & Jones 1999.