

## Accepted Manuscript

Title: Back muscle activity and sagittal spinal alignment during quadruped upper and lower extremity lift in young men with low back pain history

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PII: S0966-6362(18)31509-1  
DOI: <https://doi.org/10.1016/j.gaitpost.2018.09.002>  
Reference: GAIPOS 6500

To appear in: *Gait & Posture*

Received date: 15-11-2017  
Revised date: 5-8-2018  
Accepted date: 4-9-2018

Please cite this article as: Masaki M, Tateuchi H, Koyama Y, Sakuma K, Otsuka N, Ichihashi N, Back muscle activity and sagittal spinal alignment during quadruped upper and lower extremity lift in young men with low back pain history, *Gait and amp; Posture* (2018), <https://doi.org/10.1016/j.gaitpost.2018.09.002>

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Back muscle activity and sagittal spinal alignment during quadruped upper and lower extremity lift in young men with low back pain history

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