

GENERAL CLINICAL EXAMINATION OF THE CERVICAL SPINE

Note: This is provided as a reference tool for certification preparation. If you desire forms for clinical use, please contact OPTP at 800.367.7393 and ask about product #927CD or visit OPTP's website at www.optp.com and search for the product number.

ACTIVE MOTIONS

Flexion

Axial rotation, left

Axial rotation, right

Sidebend, left

Sidebend, right

Extension

Extension with chin-tuck

PASSIVE MOTIONS

Rotation, left

Rotation, right

Sidebend left

Sidebend, right

Extension

RESISTED TESTS

Flexion: C1,2

Sidebend, right

Rotation, left

Sidebend, left

Rotation, right

Extension

Resisted shoulder girdle elevation: C2,3,4

Active Bilateral Arm Elevation

Resisted shoulder abduction: C5

Resisted shoulder adduction: C7

Resisted shoulder internal rotation: C5,6

Resisted shoulder external rotation: C5,6

Resisted elbow flexion: C5,6

Resisted elbow extension: C7

Resisted wrist extension: C6

Resisted wrist flexion: C7

Resisted thumb extension: C8

Resisted little finger adduction: T1

SENSORY TESTING

C4

C5

C6

C7

C8, T1, T2

REFLEX TESTING

scapulohumeral: C0-4

biceps: C5,6

brachioradialis: C5

triceps: C7

ATR, PTR & Foot Sole Reflex

EXTRA TESTS:

Active Sidenod, left

Active Sidenod, right

Passive Sidenod, left

Passive Sidenod, left

Foraminal compression test (Spurling)

Modified foraminal compression test

Axial separation test

Vertebral artery tests: clinical reasoning and as needed sustained cervical rotation in sitting

Stability tests:

- Alar ligaments

- Transverse ligament