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