

CLINICAL EXAMINATION OF THE CERVICOTHORACIC JUNCTION

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.

PROVOCATION TESTS FOR CERVICOTHORACIC JUNCTION

Active and Passive Motions

Flexion (*active only*)

Flexion with upper cervical extension (protraction)

Extension

Extension with upper cervical flexion (retraction)

(Sidebending)

Axial rotation

- of thoracic spine
- with cervical spine rotation
- with arm elevation

Flexion, (Protraction):

- coupled R rotation and R SB
- combined R rotation and L SB

Flexion, (Protraction):

- coupled L rotation and L SB
- combined L rotation and R SB

Extension (Retraction):

- coupled R rotation and R SB
- combined R rotation and L SB

Extension (Retraction):

- coupled L rotation and L SB
- combined L rotation and R SB

MOBILITY TESTS FOR CERVICOTHORACIC JUNCTION (C7-T4)

Sitting

Extension, (Dorsal translation), C7-T1 to T4:

Rotation, C7-T1 to T4

- through cervical spine
- through arm abduction-elevation

3-D Extension-Rotation, Coupled SB, C7-T1 to T4

Prone

Thoracic rotation through spinous processes