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