

Basic Clinical Exam:

Cervical Spine

Examiner:

Patient Name:

Date of Birth:

Date of Service:

Inspection	
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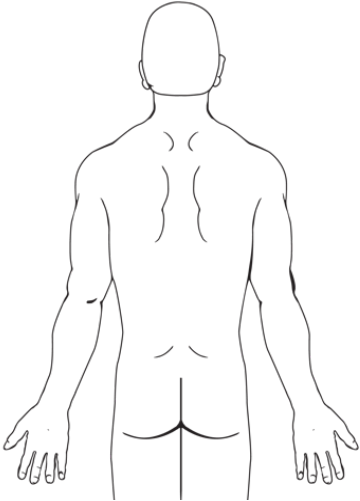
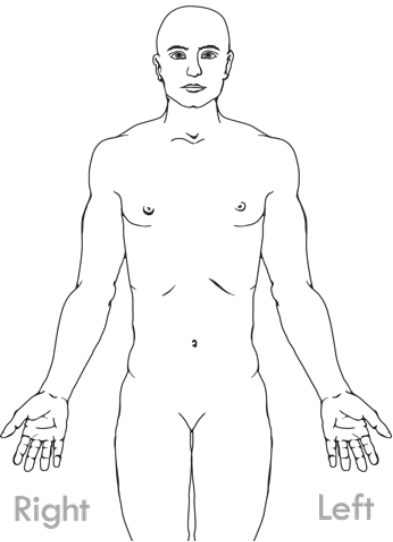
Active/Passive Motions	Motion / Limitation	Pain Level	Location
1 Flexion		- ± + ++ +++	
2 Extension		- ± + ++ +++	
3 Extension with Chin Tuck		- ± + ++ +++	
4 Right Axial Rotation		- ± + ++ +++	
5 Left Axial Rotation		- ± + ++ +++	
6 Right Sidebend		- ± + ++ +++	
7 Left Sidebend		- ± + ++ +++	
8 Active Bilateral Arm Elevation		- ± + ++ +++	

Resisted Testing (R)	Strength	Pain Level	Location
9 R. Cervical Rotation (C1,2)	L R	- ± + ++ +++	
10 R. Shoulder Girdle Elevation (C2,3,4)	L R	- ± + ++ +++	
11 R. Shoulder Abduction (C5)	L R	- ± + ++ +++	
12 R. Shoulder Adduction (C7)	L R	- ± + ++ +++	
13 R. Shoulder Internal Rotation (C5,6)	L R	- ± + ++ +++	
14 R. Shoulder External Rotation (C5,6)	L R	- ± + ++ +++	
15 R. Elbow Flexion (C6)	L R	- ± + ++ +++	
16 R. Elbow Extension (C7)	L R	- ± + ++ +++	
17 R. Wrist Extension (C6)	L R	- ± + ++ +++	
18 R. Wrist Flexion (C7)	L R	- ± + ++ +++	
19 R. Thumb Extension (C8)	L R	- ± + ++ +++	
20 R. Little Finger Adduction (T1)	L R	- ± + ++ +++	

Sensory Testing	L	R	Light Touch	Pin Prick
30 Upper Trapezius (C4)	L R	↔ ↑ ↓	↔ ↑ ↓	
31 Deltoid (C5)	L R	↔ ↑ ↓	↔ ↑ ↓	
32 Thumb (C6)	L R	↔ ↑ ↓	↔ ↑ ↓	
33 Middle Finger (C7)	L R	↔ ↑ ↓	↔ ↑ ↓	
34 Little Finger (C8)	L R	↔ ↑ ↓	↔ ↑ ↓	
35 Medial Forearm (T1)	L R	↔ ↑ ↓	↔ ↑ ↓	
36 Medial Upper Arm (T2)	L R	↔ ↑ ↓	↔ ↑ ↓	

Reflexes	L	R	Reflex	Comment
37 Scapulohumeral (Shimizu) C0-C4	L R	- +		
38 Biceps (C5,6)	L R	↔ ↑ ↓		
39 Brachioradialis (C5)	L R	↔ ↑ ↓		
40 Triceps (C7)	L R	↔ ↑ ↓		
41 Achilles Tendon (L5,S1,2)	L R	↔ ↑ ↓		
42 Patellar Tendon	L R	↔ ↑ ↓		
43 Foot Sole Reflex (Babinski)	L R	- +		
43 Hoffman Reflex	L R	- +		
43 Jaw Reflex	L R	- +		

Inspection/Palpation	
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Upper Cervical Provocation + Local Exam

44	Active Assisted Provocation	Target Structure	Pain Level	Location
Protraction +	+ R Rotation	C1-2	- ± + ++ +++	
	+ L Rotation		- ± + ++ +++	
	+ R Sidebend	C0-1	- ± + ++ +++	
	+ L Sidebend		- ± + ++ +++	
Retraction +	+ R Rotation	C1-2	- ± + ++ +++	
	+ L Rotation		- ± + ++ +++	
	+ R Sidebend	C0-1	- ± + ++ +++	
	+ L Sidebend		- ± + ++ +++	

Extra Tests:

	Pain Level	L	R	Location
45 Foraminal Compression (Spurling) Test	- ± + ++ +++	L	R	
46 Axial Separation Test	↔ ↑ ↓	complete resolution		
47 Alar Ligament Laxity Test	- +	L	R	Comments
48 Transverse Ligament Laxity Test	- +			Comments
49 Vertebral Artery Test <small>Sustained Rotation</small>	- +			Comments
50 Elevated Arm Stress Test (Roos)	- +	Time:		Symptoms
51 Cyriax Release Test	- +	Time:		Symptoms

52	Facet Joint Provocation	Coupling Pattern	Positive Test	Pain Level	Location
	R Rotation, R Sidebend, Extension	Coupled Extension ^{Right}	Right cervical/cervicothoracic pain	- ± + ++ +++	
	R Rotation, R Sidebend, Flexion	Coupled Flexion ^{Left}	Left cervical/cervicothoracic pain	- ± + ++ +++	
	L Rotation, L Sidebend, Extension	Coupled Extension ^{Left}	Left cervical/cervicothoracic pain	- ± + ++ +++	
	L Rotation, L Sidebend, Flexion	Coupled Flexion ^{Right}	Right cervical/cervicothoracic pain	- ± + ++ +++	
	R Rotation, L Sidebend	Combined ^{Left}	Left cervical/cervicothoracic pain	- ± + ++ +++	
	L Rotation, R Sidebend	Combined ^{Right}	Right cervical/cervicothoracic pain	- ± + ++ +++	

53	UV Joint Provocation	Coupling Pattern	Positive Test	Pain Level	Location
	R Sidebend, R Rotation	Coupled	Right or Left cervicothoracic pain	- ± + ++ +++	
	L Sidebend, L Rotation	Coupled	Right or Left cervicothoracic pain	- ± + ++ +++	

54	Mid + Lower Segmental Mobility	Circle all that apply: ← = Hypomobile → = Hypermobile ↗ = Pain
	Left Sidebend Test	C2-3: ← ↗ C3-4: ← ↗ C4-5: ← ↗ C5-6: ← ↗ C6-7: ← ↗
	Right Sidebend Test	C2-3: ← ↗ C3-4: ← ↗ C4-5: ← ↗ C5-6: ← ↗ C6-7: ← ↗

55	Upper Segmental Mobility	Circle all that apply: ← = Hypomobile → = Hypermobile
	C0-1	R Dorsal ← R Ventral ← L Dorsal ← L Ventral ←
	C1-2	R Dorsal ← → R Ventral ← → L Dorsal ← → L Ventral ← →
	C1-2 Lateral Translation	Right ← Left ←

55	Rib Mobility	Circle: ← = Hypomobile, E = Elevated, ↗ = Painful to Spring Testing
	Cervical Rotation Lateral Flexion	Right: ^{Left Rotation, Right Sidebend} + - Left: ^{Right Rotation, Left Sidebend} + -
	Left	1: ← E↗ 2: ← E↗ 3: ← E↗ 4: ← E↗ 5: ← E↗ 6: ← E↗
	Right	1: ← E↗ 2: ← E↗ 3: ← E↗ 4: ← E↗ 5: ← E↗ 6: ← E↗

Assessment:

1° Pain Generators	
2° Pain Generators	
Local Joint Dysfunctions	
Neurological Signs	

Based On #(s):	
Based On #(s):	
Based On #(s):	
Based On #(s):	