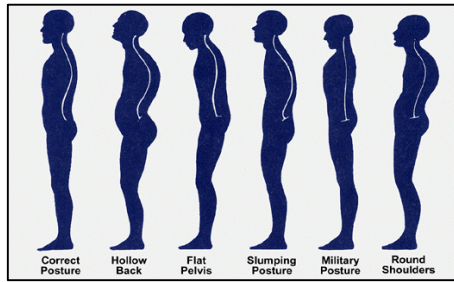
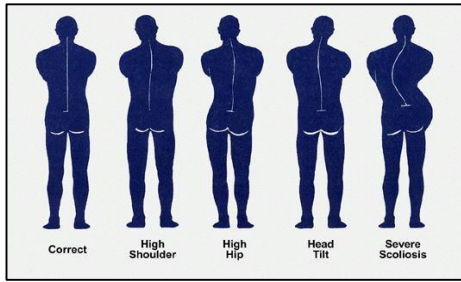


Cervical Spine Physical Examination

Name _____

Date _____



Vital Signs

Age	
Height	
Weight	
Pulse /min	
Respiration /min	
BP	
Temp	

Analysis

Region	L	N	R
Head: Lateral Flexion			
Head: Rotation			
Head: Translation			
Cervical Muscle Tension			
Thoracic Muscle Tension			

Range Of Motion

	Norm	Passive		Active	
		Exam	Pain	Exam	Pain
Cervical Spine					
Flexion	45				
Extension	55				
Left Rotation	70				
Right Rotation	70				
Left Lat Flex	45				
Right Lat Flex	45				

Reflexes

Reflex	Disc	Root	Left	Right
Biceps	C4-C5	C5		
Brachio	C5-C6	C6		
Triceps	C6-C7	C7		

- 0 = no response
- 1 = somewhat diminished
- 2 = normal
- 3 = brisk
- 4 = hyperactive

Thoracic Outlet

Exams	Norm	Ab
Adson's		
Mod Adson's		
Costoclavicular		
Hyperabduction		

Cervical Spine Exam

Test	Pain	Relief
Neutral Comp		
L Lat Comp		
R Lat Comp		
Flexion Comp		
Ext Comp		
L Rot Comp		
R Rot Comp		
L Sh Dep		
R Sh Dep		
Distraction		

Resistive

Cervical Spine	Pain/Weak
Flexion	
Extension	
Left Rotation	
Right Rotation	
Left Lat Flex	
Right Lat Flex	

Muscle

Test	Root	Left	Right
Deltoid	C5		
Biceps	C6		
Triceps	C7		
Finger Flex	C8		
Finger Abd	T1		

- 5 = normal; full ROM, full resistance
- 4 = good; full ROM, some resistance
- 3 = fair; full ROM, against
- 2 = poor; full ROM, no gravity
- 1 = trace; no motion, with contractility
- 0 = zero; no motion, no contractility

Dynamometer

Trial	Left	Right
1		
2		
3		
4		

Spinal Palpation

Left	Level	Right
	Occp	
	C1	
	C2	
	C3	
	C4	
	C5	
	C6	
	C7	
	T1	
	T2	

- S = Spasm
- F =
- T = Tender
- E = Edema
- H = Hypertonic
- N =
- P = Pain
- +Mild ++Mod +++Severe

Sensory Dermatomes

Nerve	
C5	
C6	
C7	
C8	
T1	

- Radicular Symptoms
- Hypo/Hyperalgesia
- Hypo/Hyper/Anesthesia
- Temp/Vibration/Prop Alteration
- 2 point Discrimination