

# LOCAL CLINICAL EXAMINATION OF THE UPPER 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](http://www.optp.com) and search for the product number.

## **PROVOCATION TESTS MID AND LOWER CERVICAL**

### **Active and Passive Motions**

Sidebend, *right*

- with ipsilateral rotation
- with contralateral rotation

Sidebend, *left*

- with ipsilateral rotation
- with contralateral rotation

Axial Rotation, *right*

- with ipsilateral sidebend
  - with flexion
  - with extension
- with contralateral sidebend

Axial Rotation, *left*

- with ipsilateral sidebend
  - with flexion
  - with extension
- with contralateral sidebend

## **PROVOCATION TESTS FOR UPPER CERVICAL**

### **Active/Passive Motions**

Protraction

Retraction

Protraction with rotation, right

Protraction with rotation, left

Retraction with rotation, right

Retraction with rotation, left

Protraction with sidebend, right

Protraction with sidebend, left

Retraction with sidebend, right

Retraction with sidebend, left

### **Vertebral artery tests**

Clinical reasoning and as needed sustained cervical rotation in sitting

## **MOBILITY TESTS**

### ***Stability tests:***

- Alar ligaments:
- Transverse ligaments of Atlas
  - Lateral shift of Atlas
  - Ventral shift of Atlas

### ***C0-4 Mobility tests***

Passive test, axial rotation *right*

- with flexion
- with extension

Passive test, axial rotation *left*

- with flexion
- with extension

### ***C2-7***

C2-7 sidebend

- Right
- Left

### ***C0-1***

Lateral Translation test

- Right
- Left

Occipito-atlanto rotation test, *left*

- Extension, contralateral rotation, ipsilateral sidebending
- Flexion, ipsilateral rotation, contralateral sidebending

Occipito-atlanto rotation test, *right*

- Extension, contralateral rotation, ipsilateral sidebending
- Flexion, ipsilateral rotation, contralateral sidebending

### ***C1-2***

C1C2 Rotation Quick Test (*not tested for the IAOM-US examination*)

- Sidebending + Ipsi Rotation
- Sidebending + Contra Rotation

Atlanto-axial rotation test, *left*

- Extension, contralateral rotation, ipsilateral sidebending
- Flexion, ipsilateral rotation, contralateral sidebending

Atlanto-axial rotation test, *right*

- Extension, contralateral rotation, ipsilateral sidebending
- Flexion, ipsilateral rotation, contralateral sidebending