

CERVICAL SPINE WORKSHEET

Record your findings. Circle the findings that fall outside of normal parameters.

			ACTIVE RANGE OF MOTION	
	ACTIVE MOVEMENT	NORMAL	FINDINGS	
1.	FLEXION OF THE CERVICAL SPINE Longus colli Sternocleidomastoid Scalenes	45°-60°		
		PAINLESS		
2.	EXTENSION OF THE CERVICAL SPINE Erector spinae Rotatores Interspinalis Splenius Upper trapezius Levator scapula Suboccipitals	45°-75°		
		PAINLESS		
			FINDINGS	
			LEFT	RIGHT
3.	LATERAL FLEXION OF THE CERVICAL SPINE Same side: Suboccipitals Sternocleidomastoid Levator scapula Upper trapezius	25°-40°		
		PAINLESS		
4.	ROTATION OF THE CERVICAL SPINE Same side: Levator scapula Suboccipitals Opposite side: Sternocleidomastoid Upper trapezius	70°-90°		
		PAINLESS		

		PASSIVE RANGE OF MOTION	
PASSIVE MOVEMENT	NORMAL	FINDINGS	
5. FLEXION OF THE CERVICAL SPINE <i>Limitation may be due to shortness in:</i> Erector spinae Rotatores Interspinalis Splenius Upper trapezius Levator scapulae Suboccipitals	80°-90°		
	TISSUE STRETCH		
	PAINLESS		
		FINDINGS	
		LEFT	RIGHT
6. LATERAL FLEXION OF THE CERVICAL SPINE <i>Limitation may be due to shortness in:</i> Opposite side: Suboccipitals Sternocleidomastoid Levator scapula Upper trapezius	75°-80°		
	TISSUE STRETCH		
	PAINLESS		
7. ROTATION OF THE CERVICAL SPINE <i>Limitation may be due to shortness in:</i> Same side: Sternocleidomastoid Upper trapezius Opposite side: Levator scapula Suboccipitals	70°-90°		
	TISSUE STRETCH		
	PAINLESS		

	MUSCLE LENGTH TEST	NORMAL	LEFT	RIGHT
8.	ANTERIOR SCALENE <ul style="list-style-type: none"> rotate head & neck towards side being tested laterally flex head & neck away from side being tested 	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
9.	MIDDLE SCALENE <ul style="list-style-type: none"> head in neutral (not rotated) laterally flex head & neck away from side being tested 	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
10.	POSTERIOR SCALENE <ul style="list-style-type: none"> rotate head & neck away from side being tested laterally flex head & neck away from side being tested 	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
11.	STERNOCLEIDOMASTOID <ul style="list-style-type: none"> rotate head & neck towards side being tested laterally flex head & neck away from side being tested 	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
12.	LEVATOR SCAPULA <ul style="list-style-type: none"> upwardly rotate the scapula on the side being tested rotate head & neck away from side being tested laterally flex head & neck away from side being tested flex neck depress scapula on side being tested 	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		
13.	UPPER TRAPEZIUS <ul style="list-style-type: none"> rotate head towards side being tested laterally flex head & neck away from side being tested flex head & neck depress scapula on side being tested 	COMPARE TO CONTRALATERAL SIDE		
		TISSUE STRETCH		
		PAINLESS		