

Cervical Lateral Flexion

Planes/axis of movement: Movement occurs in the frontal plane around an anterior/posterior axis and occurs segmentally along the cervical vertebrae. There is a component of rotation that occurs to allow for full movement of the head.

Range of motion:

- 0 degrees to 45 degrees
- Approximately 5 inches if using a tape measure

Preferred starting position: See Figure 1-7.

End position: See Figure 1-8.

Goniometric alignment:

- Axis: Center over the spinous process of C7
- Stationary arm: Align perpendicular to the floor
- Moving arm: Align over the external occipital protuberance of the occiput

Stabilization: The trunk should be stabilized against the back of a chair. Additional stabilization is achieved by holding the subject's shoulder down with the clinician's hand.

Substitutions: The subject may try to laterally flex the trunk or rotate the head to increase the range of motion or avoid pain with movement.

Alternate method/position for testing: See Figure 1-9.