

# Passive Range of Motion of the Cervical Spine

## Client position

Seated position

## Presence of Pain During Passive Range of Motion

If pain is present with passive ROM, it is more likely that there is a pathology related inert structures like tendons, ligaments and vertebrae including facet joints.

- A sprain can be suspected if ligaments and joint capsules are involved.
- A strain or spasm of the antagonist muscles could be suspected because they are still being stretched.
- Try to examine the end-feel of the PROM.
  - Ex: normal, bone to bone, muscle spasm, capsular/tissue stretch, springy block, tissue approximation, and empty end-feel.

Cervical Movement	Description
Flexion	Examiner place hands on the sides of the patient's skull and rolling the skull anterior-inferior i.e., chin towards sternum
Extension	Examiner place hands on the sides of the patient's skull and rolling the skull posterior-superior so that the nose is perpendicular to the ceiling
Lateral Flexion	Examiner place hands on the patient's skull and bending the head sideward toward the shoulder on each side
Rotation	Examiner place hands on the patient's skull and turning the headfirst to one side and then to the other so that the chin is in line with the shoulder

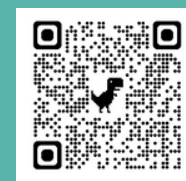
## ANPT Concussion/mTBI Knowledge Translation Task force

*Handout Created by:*

Naseem Chatiwala, PT, DPT, MS; Annie Fangman, PT, DPT; Michelle Gutierrez, PT, DSc; John Heick, PT, DPT, PhD; Ethan Hood, PT, DPT, MBA; Victoria Kochick, PT, DPT; Becky Bliss, PT, DHSc, DPT; and Pradeep Rapalli, PT, DPT

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### References

