

# Transverse Ligament Stress Test

## **Purpose**

To test the stability of atlantoaxial articulation and the integrity of transverse ligament.

## **Patient position**

Supine lying

## **Examiner position**

Examiner standing towards the head side when the patient is lying in supine position.

## **Technique**

- The examiner supports the client head with the palm and 3rd and 5th fingers.
- Place the index finger on the space present between the occiput and spinous process of C2 vertebrae (where the posterior arch of C1 lies).
- Lift the patient head and atlas vertebrae together anteriorly maintaining the head in neutral alignment (not flexion).
- Hold the position for 10-20 seconds.

## **Outcome**

Test is considered positive if there are recurrence of following symptoms:

- Dizziness
- Numbness
- Nystagmus
- Paresthesia of the lip, face or limb
- Odd sensation in the throat
- Soft end feel
- Abnormal pupil response

## **Additional notes**

The Sharp-Purser test should be performed before the Transverse Ligament Stress Test, because the Sharp-Purser test works to reduce symptoms, while the Transverse Ligament Stress Test works to reproduce symptoms.

## **Reference**

Dutton, M. (2008). Orthopedic: Examination, evaluation, and intervention (2nd ed.). New York: The McGraw-Hill Companies, Inc

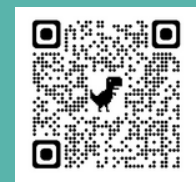
## **ANPT Concussion/mTBI Knowledge Translation Task force**

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### **Clinical Practice Guideline Physical Therapy Evaluation and Treatment After Concussion/Mild Traumatic Brain Injury**

*Journal of Orthopedic & Sports Physical Therapy; April 2020: Volume 50, Issue 4*



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