

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

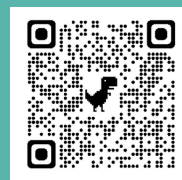
ANPT Concussion/mTBI Knowledge Translation Task force

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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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