

Cervical & Thoracic Spine Objective Assessment

Look:

- Bony deformity / Bony alignment
 - Gait (Ataxia)
 - Neck posture
 - Forward Head Posture (FHP)
 - Shoulder Levels
 - Thoracic kyphosis
 - Sitting posture
- Colour change
 - Bruising, inflammation, infection, rash
- Wasting / spasm / bulk of muscle
 - Torticollis spasm
 - Sternocleidomastoid
 - Deltoid wasting
 - Axillary nerve palsy
- Swelling, scarring, skin changes (wounds)

Feel:

- Vascular System
 - Distal pulses, capillary refill
- Neurological Examination (If abnormal must do lower limb neurology)
 - Tone
 - Myotomes
 - Dermatomes

- Reflexes
- Temperature
- Swelling

- Tenderness
 - Cervical & Thoracic
 - Occipital protuberance
 - Spinous processes
 - Transverse processes / Facet joints (C1 to C7)
 - Temporomandibular joints
 - First 3 ribs /
 - Supraclavicular fossa
 - Sternocleidomastoid, Trapezius, Scalenei

Move:

- Clear the joints above (TMJ's) and below Shoulders)
- Active Movement
 - Neck
 - Flexion: 30° upper cervical
 90° lower cervical
 - Extension: 30° upper cervical
 70° lower cervical
 - Rotation: 70° to 90°
 - Side Flexion: 45°
 - Thoracic Spine
 - Flexion 20 - 45°
 - Extension 20 - 45°
 - Lateral flexion 20 - 45°
 - Rotation 35 - 50°

Special Tests:

For completion of a thoracic examination consider:

- Respiratory Examination
- Cardiovascular Examination