

Cervical Distraction Test

Patient's full name:

Date accomplished:

Conductor's full name:

What you need to prepare:

A comfortable examination bed or chair.

Instructions:

1. Explain the purpose of the Cervical Distraction Test to your patient.
2. Have your patient sit upright on a chair or lie down in a supine position on an examination bed. Go with what's comfortable for them.
3. Position yourself behind the patient's head.
4. Once you're in position, you can do either one of the following:
 - Place both of your hands around the patient's mastoid processes
 - Or, place one hand in their forehead and place the other on the occiput
5. Slightly flex the patient's neck and pull the head upwards toward your torso. This will apply a distraction force on the patient's cervical spine.

Results:

1. If the patient's pain is relieved when you flex the patient's neck and pull the head upwards toward your torso, then the test is **positive**. Please endorse the patient for further examination to confirm Cervical Radiculopathy and/or other conditions.
2. If the patient's pain is exacerbated while performing this test, then the test is **negative**. However, they might be positive for other possible problems. Please endorse them for further examination to determine the possible problems.
3. If the patient doesn't feel any pain at all throughout this test, then the test is **negative**.

The patient is...

- Positive**
- Negative but pain was exacerbated**
- Negative; the patient felt no pain at all**

Additional Comments: