CERVICAL ORTHOPEDIC EXAMS

COMPRESSION FLEXION: The patient is seated while the examiner gently flexes the cervical spine forward and applies steady downward axial compression with both hands on top of the head.
(+) exacerbated localized neck pain
(+) radiating pain, tingling, numbness
DDx: foraminal encroachment, cervical disc herniation

COMPRESSION EXTENSION: The patient is seated with the head gently extended backward. The examiner applies steady downward axial compression through the top of the head.
(+) exacerbated localized neck pain
(+) radiating pain, tingling, numbness
DDx: foraminal encroachment, cervical disc herniation, facet syndrome

BRUDZINSKI'S: With the patient supine, passively flex the cervical spine by lifting the patient's head toward the chest.
(+) acute neck pain with rigidity and stiffness
(+) involuntary flexion of the hips & knees
DDx: meningitis, disc herniation, tumor

LINDER'S: With the patient seated, the examiner passively flexes the patient's cervical spine forward toward the chest.
(+) exacerbated localized neck pain
(+) radiating pain, tingling, numbness
DDx: cervical sprain/strain, disc herniation, foraminal stenosis

ADSON'S: Patient sits while examiner palpates the radial pulse. Patient extends the neck and then rotates head ***toward*** the tested side while taking a deep breath and holding it; the examiner maintains slight arm extension and abduction.
(+) diminished or absent radial pulse
(+) reproduction of paresthesia or arm discomfort
DDx: thoracic outlet syndrome, cervical rib syndrome

REVERSE ADSON'S: Patient sits while examiner palpates the radial pulse. The arm is extended and slightly abducted. The patient extends the neck and rotates the head ***away*** from the tested side while taking a deep breath and holding it.
(+) diminished or absent radial pulse
(+) reproduction of paresthesia or arm discomfort
DDx: thoracic outlet syndrome (middle scalene), cervical rib syndrome

WRIGHT'S: Patient is seated while the examiner palpates the radial pulse. The examiner then passively hyper-abducts the patient's arm overhead (sometimes with external rotation).
(+) diminished or absent radial pulse
DDx: thoracic outlet syndrome (pectoralis minor)

ROOS': Patient abducts both shoulders to 90 degrees, externally rotates, and flexes the elbows to 90 degrees (like a goalpost). The patient rapidly opens and closes the hands for up to 3 minutes.
(+) upper extremity weakness, numbness, tingling, discoloration
DDx: thoracic outlet syndrome

JACKSON'S: Patient is seated and the examiner laterally flexes the head to one side, then applies downward axial compression. The maneuver is repeated on the opposite side.
(+) reproduction of radicular pain, tingling, or numbness
(+) exacerbated localized neck pain
DDx: foraminal encroachment, cervical disc herniation

HOFFMAN'S: With the patient seated, examiner holds patient's middle finger and flicks the distal phalanx downward.
(+) involuntary twitching of thumbs & index finger
DDx: UMN lesion, multiple sclerosis

HALLPIKE'S: With patient seated, the examiner turns their head 45 degrees to one side, then quickly brings the patient into a supine position with the head extended about 20–30 degrees off the table. The test is repeated on the other side.
(+) vertigo, dizziness, nausea, faintness, blurry vision
DDx: BPPV, vertebrobasilar stroke, arterial stenosis