Clinical Assessment Checklist
For
Cervical and Upper Thoracic Spine Injury

1. History

☐ How did it happen?
☐ Did you hear or "feel" any sound?
☐ Any previous injury?
☐ Onset of pain and swelling?
☐ Location of pain?
☐ Description of pain?
☐ Intensity of pain?
☐ Aggravating factors?
☐ Easing factors?
☐ Time of day: worse vs. better
☐ Numbness and tingling?

2. Observation

☐ Posture
☐ Evidence of pain and restricted movement

3. Differential Diagnosis

ROM

<table>
<thead>
<tr>
<th>Active</th>
<th>Passive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical flexion</td>
<td>Cervical flexion</td>
</tr>
<tr>
<td>Cervical extension</td>
<td>Cervical extension</td>
</tr>
<tr>
<td>Cervical lateral flexion</td>
<td>Cervical lateral flexion</td>
</tr>
<tr>
<td>Cervical rotation</td>
<td>Cervical rotation</td>
</tr>
<tr>
<td>Shoulder elevation</td>
<td>With overpressure</td>
</tr>
<tr>
<td>Scapular retraction</td>
<td></td>
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</tbody>
</table>

4. Strength

☐ Flexion
☐ Extension
☐ Lateral flexion
☐ Rotation
5. Neurological Tests

Dermatomes

- C1
- C2
- C3
- C4
- C5
- C6
- C7
- C8
- T1

Myotomes

- C1-2 neck flexion
- C3 lateral neck flexion
- C4 shoulder shrug
- C5 shoulder abduction
- C6 elbow flexors, wrist extensors
- C7 elbow extensors, wrist flexors
- C8 thumb extensors, wrist ulnar deviators
- T1 finger abduction

Reflex

- C5 biceps
- C7 triceps
- C6 brachioradialis

6. Special Tests

- Valsalva test
- Compression test
- Shoulder depression test
- Nerve root compression relief test
- Cervical distraction test
- Tinel's sign
- Thoracic outlet tests
- Allen test
- Adson's test
- Military brace position

7. Palpation

- Posterior neck
- Cervical and upper thoracic spinous processes
- Transverse processes
- Base of the occiput
- Ligamentum nuchae
- Upper trapezius, levator scapulae, spleni group, and paraspinals

- Lateral neck

- Upper trapezius and sternocleidomastoid

- C1 transverse process

- Anterior neck
- Distal insertion of sternocleidomastoid
- Scalenes
- First rib
- Carotid artery

8. Functional Tests

- Throwing
- Swimming
- Batting
- Swinging
- Overhead strokes
- Running
- Cutting
- Jumping for time
- Jumping for distance
- Lateral jumps
- Lateral moves
- Balance and coordination lower-extremity drills