Sideline Assessment Checklist
For
Cervical and Upper Thoracic Spine Injuries

1. History
   - Mechanism of injury
   - Unusual sensations at time of injury and currently
   - Location, quality, and intensity of pain
   - Symptoms of headache, dizziness, or light-headedness
   - Previous injury

2. Observation
   - Evidence of pain or restricted motion
   - Position of head

3. Palpation
   - Evidence of bony tenderness
   - Evidence of muscle tenderness, spasm, trigger point

4. Special Tests
   - Valsalva test
   - Compression test
   - Shoulder depression test
   - Nerve root compression relief test
   - Cervical distraction relief test

5. ROM
   - Active
   - Flexion
   - Extension
   - Rotation
   - Lateral flexion

6. Passive
   - Flexion
   - Extension
   - Rotation
   - Lateral flexion
7. Strength
   - Flexion
   - Extension
   - Rotation
   - Lateral flexion

8. Neurological
   - Dermatome
   - Myotome
   - Reflex

9. Functional Tests
   - Basic
   - Sport specific