Extension/Retraction Biased Neck Pain Cheat Sheet

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Biomechanics

- Cx protrusion = upper cx ext and lower cx flexion
- Cx retraction = upper cx flexion and lower cx ext

Presentation

- Cx retraction testing - pt retracts head then back to neutral
- Seated Cx retraction: full retraction with 2 seconds end range overpressure to chin
- Seated Cx retraction + overpressure - full retraction + 2 secs of end range overpressure with one hand , opposite hand applied counter pressure to patients upper tx
- Sustained prone retraction: Pt lies prone with elbows on the table, head resting on fists, pt moves into full retraction and holds for 30 secs
- Repeated prone retraction, pt lies prone with elbows on the table and head resting on clasped hands, pt moves into full retraction for 2 secs then neutral

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