

MOBILIZATIONS OF THE CERVICAL AND THORACIC SPINE

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I Examination of the cervical and thoracic spine

- A.) Subjective Questions
- B.) Cervical ROM /arthrokinematics
- C.) Dermatomes, myotomes and reflexes
- D.) Special Tests
- E.) Joint mobility testing

II.) General Information on mobilizations

- A.) Research based rationale
- B.) Indications / contraindications

III.) Mulligan Techniques:

- A.) NAGS
- B.) Reverse NAGS
- C.) SNAGS
- D.) Headache SNAG
- E.) Reverse Headache SNAG
- F.) SNAG to increase c1 / C2
- G.) Upper cervical traction
- H.) Fist Traction

IV.) Other Manual Techniques

- A.) Multifidus technique
- B.) Scalene myofascial release
- C.) Sub occipital Release
- D.) Thoracic spine manipulation

V.) Traction:

- A.) Rationale and types

VI.) Therapeutic exercise:

- A.) Stretches
- B.) Scap Stab
- C.) Deep cervical flexor strengthening

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