



Central Cervical Pain: A Case Study

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- I. Physical assessment of a patient with central cervical pain and an acute kyphotic deformity
 - A. Presentation
 - B. Questions to consider about the patient's current condition and how to move forward
 - C. Discussion
- II. Evaluation: Mechanical assessment
 - A. Baseline sitting position
 - B. Range of motion
 1. Protrusion
 2. Retraction
 3. Flexion
 4. Extension
 5. Rotation
 6. Lateral flexion
 - C. Questions to consider about how to restore range of motion
 - D. Discussion
- III. Treatment
 - A. Classification of condition
 - B. Course of treatment
 1. Guided retraction
 2. Extension
 3. Home exercise program
 - C. Questions to consider about the patient's classification and treatment
 - D. Discussion
- IV. Results
 - A. Confirmation of classification
 - B. Explanation of home exercise program
 - C. Patient visit day 2: reassessment of range of motion
 - D. Patient visit day 3: reassessment of range of motion
 - E. Continued home exercise program
 - F. Summary

Notes

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Articles

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* These articles are available to download from our library page at www.educata.com/articles.aspx.

Books

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