## Central Cervical Pain: A Case Study

Christopher Chase
PT, MSPT, FAAOMPT, Dip. MDT

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
Bibliography

Articles


Books