

SUMMARY OF CERVICAL SPINE DIAGNOSTIC CRITERIA AND PT MANAGEMENT STRATEGIES

DISORDER	HISTORY	PHYSICAL EXAM	PT MANAGEMENT
“Cervical Facet Syndrome” 723.1 onov* = 4 or less mnov** = 8	Unilateral neck pain – commonly with referral (from occiput to scapula) Strain, unguarded or awkward movement or position	SR with: End range rotation left or right Palpation of involved facet Restricted accessory movement of the involved facet	Segmental STM and C/R Joint mob/manip Ther Ex's
“Cervicogenic Headache” 723.2 onov = 4 or less mnov = 12	Unilateral neck pain with referral to occipital, temporal, parietal, frontal or orbital areas HA precipitated/aggravated by neck movements or sustained positions Noncontinuous HA (usually < 1 episode/day, < 2 episodes/week)	Observable postural asymmetry of the head on neck (sidebent or extended) HA reproduced with provocation of the involved segmental ST/Joints O/C1, C1/C2, or C2/C3 restricted accessory motions with associated myofascial trigger points	Postural re-education Ergonomic Instructions ST and joint mob/manip (w/ the head and neck in neutral) to the restricted segmental motions Address related upper ¼ muscle imbalances and joint impairments Upper cervical Ther Ex's
“Cervical Radiculopathy” 724.4 onov = 8 or less mnov = 20	Lancinating pain to UE Paresthesias Numbness Weakness	SR with: Ext/SB to same side ULTT May have neuro signs (UE sensory, motor, and reflex deficits)	Patient education (Positions of reduced nerve entrapment/tension) Manual or mechanical traction Reduce entrapment (STM, JM, Nerve mob, ergonomic cuing, postural cuing, Ther Ex - where indicated to address the patient's impairments)
Cervical Ligament Sprain 847.0 onov = 8 or less mnov = 20	Trauma Protective muscle spasm	Pain with motion – worsens at end range SR with palpation or provocation (via central PA's of the involved ligament or segment) May have laxity with ligamentous stress tests	Stabilization (C-collar, Ther Ex, positioning, ergonomic cuing) Rx mobility impairments of adjacent segments or regions Later, add strength and endurance training if applicable

onov = optimal number of visits
 mnov = maximal number of visits
 SR = Symptom Reproduction