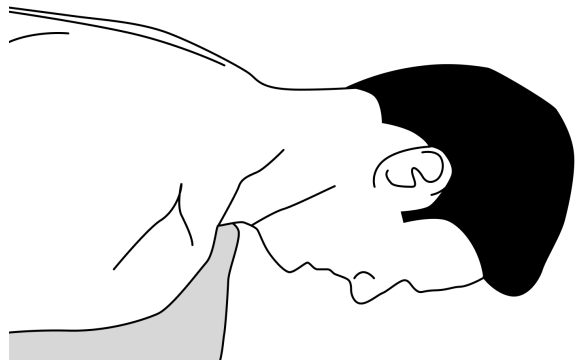


Cervical Extensor Endurance Test

Patient information	
Name:	Date of birth:
Gender: Male Female	Date of test:
Test overview	
The Cervical Extensor Endurance Test evaluates the endurance of the neck extensor muscles, which is crucial for diagnosing potential neck issues such as chronic pain, poor posture, and musculoskeletal disorders.	
Equipment needed	
<ul style="list-style-type: none">• Stopwatch or timer• Pillow or small foam pad• Examination table or mat	
Test procedure	
<p>1. Instruct the patient to lie prone (face down) on the examination table or mat with their head hanging off the edge. Place a pillow or small foam pad under the patient's abdomen for comfort, and ensure that the cervicothoracic junction is stable. Using an inclinometer can help you obtain objective values in terms of flexion, but it is not required.</p>	
<p>2. Instruct the patient to take a chin-tuck position. Start the 20-second timer when the patient achieves the correct posture. The patient must hold their head and neck in this position neutrally without moving or dropping the head. Ensure the patient understands the importance of maintaining a neutral posture and maintaining this position for as long as possible.</p>	
<p>3. Continuously observe the patient for any signs of fatigue, shaking, or compensatory movements. Provide verbal encouragement to help the patient maintain the position as long as possible. This support can be crucial in helping the patient achieve their maximum endurance.</p>	

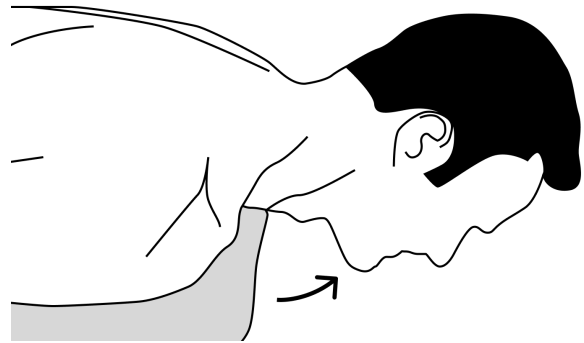
4. Continuously observe the patient for any signs of fatigue, shaking, or compensatory movements. Terminate the test at the end of 20 seconds, or if the patient's chin lengthens and their neck goes into flexion. Keep in mind whether the patient's chin lengthened, whether they moved into neck flexion, or both.

5. Record whether the patient was able to complete the 20 seconds or not, and which movements they made. Interpret accordingly using the Test results section below. Allow the patient to rest and perform gentle neck stretches to cool down.

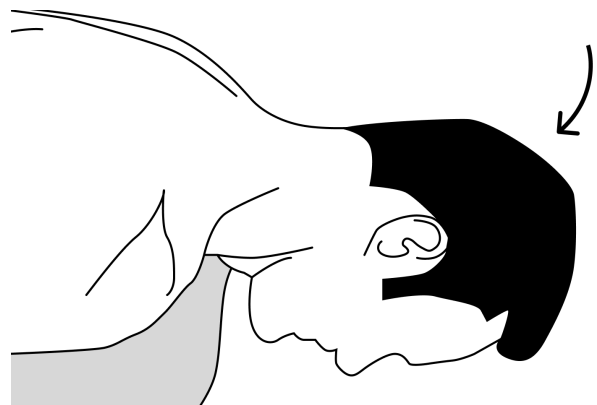
Test results

Positive:
One or both of the conditions below happen

Weakness of deep neck extensors:
Patient's chin lengthens and neck extends.



Global weakness (weakness of both deep and superficial neck extensors):
Patient's neck goes into flexion.



Negative:
Patient holds chin-tuck position for 20 seconds.

Safety precautions

Do not perform the test on patients with acute neck pain or recent neck injuries, as the CEET will not accurately capture intense, short-term muscle activation. Ensure the patient is closely supervised to prevent falls or injuries during the test.

Additional notes

Healthcare professional information

Examiner name:

Signature:

Date:

Physiopedia. (n.d.). *Cervical deep neck extensors*. https://www.physiopedia.com/Cervical_Deep_Neck_Extensors

Physiotutors. (n.d.). *Cervical extensor endurance test | Motor control impairment*. <https://www.physiotutors.com/wiki/cervical-extensor-endurance-test/>