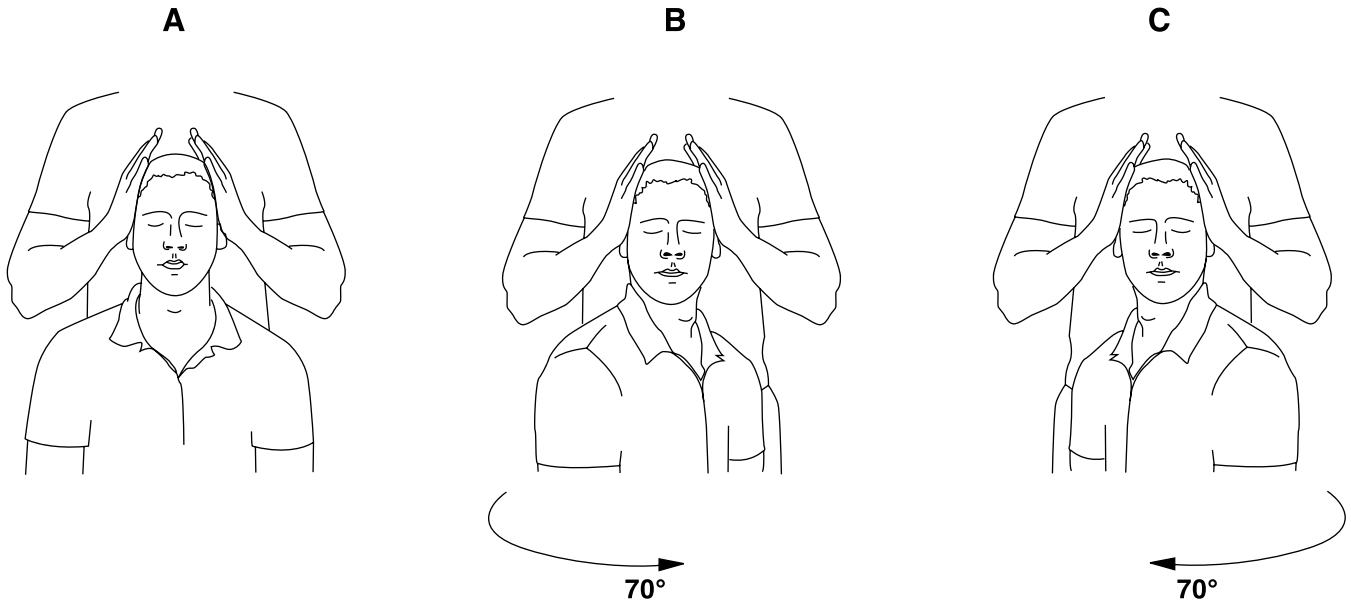


Cervical Torsion Test

Name: _____ Date of birth: _____

Clinician name: _____ Date of test: _____



Test procedure

1. Seat the patient on a swivel chair with hips and knees flexed to 90 degrees.
2. Ask the patient to close their eyes to minimize visual system activity.
3. Fixate the patient's head in a neutral position.
4. Instruct the patient to actively rotate their trunk to one side, aiming for at least 45 degrees and up to 90 degrees.
5. Have the patient hold the rotated position for 30 seconds.
6. Then, ask the patient to return their trunk to the center.
7. Have the patient repeat the same process in the opposite direction.

Interpretation

- Negative: No symptoms observed
 Positive

If positive, check the symptoms the patient reported during or immediately after the test:

- | | |
|--|---|
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Slurred speech |
| <input type="checkbox"/> Visual disturbances | <input type="checkbox"/> Dysphagia |
| <input type="checkbox"/> Unusual eye movements after opening the eyes after the test | <input type="checkbox"/> Light-headedness |
| <input type="checkbox"/> Speech disturbance | <input type="checkbox"/> Tinnitus |
| <input type="checkbox"/> Motion sickness or nausea | <input type="checkbox"/> Headache |
| | <input type="checkbox"/> Paresthesia |

Note: These symptoms may manifest in any of the four positions.

Additional notes

Clinician: _____

Date: _____

References

Kadanka, Z., Jura, R., & Bednarik, J. (2021). Vertigo in patients with degenerative cervical myelopathy. *Journal of Clinical Medicine*, 10(11), 2496. <https://doi.org/10.3390/jcm10112496>

Physiotutors. (n.d.). *Cervical torsion test | dizziness assessment*. <https://www.physiotutors.com/wiki/cervical-torsion-test/>