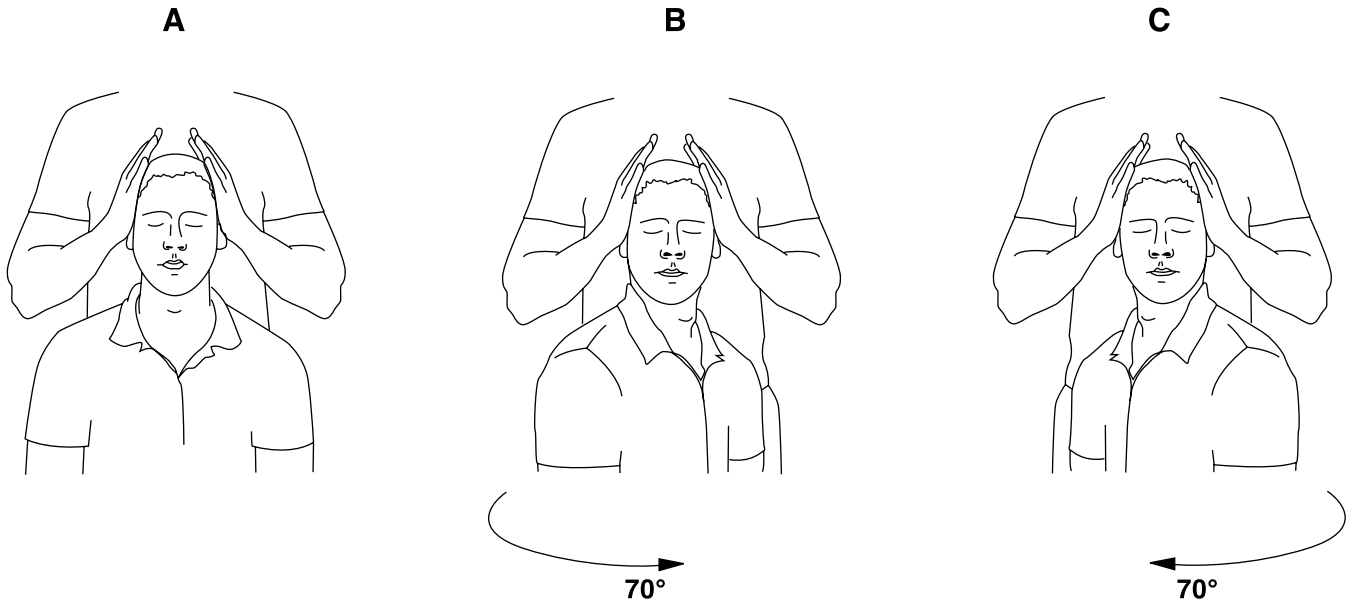


# Cervical Torsion Test

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.

## Additional notes

## 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      |

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/>