

Cranio Cervical Flexion Test

Name: Lucy MacLean

Age: 25

Date: May 1, 2024

Examiner: Dr. Linda Schuler

Pre-test checklist

- Pressure biofeedback unit is calibrated
- Examination room has adequate space and privacy
- Confirm the patient has no recent neck injuries or surgeries

Test procedure

1. Have the patient lie down in a supine crook lying position on a flat, stable surface.
2. Place the pressure biofeedback unit under the neck.
3. Inflating the pressure biofeedback unit to a baseline pressure of 20 mmHg.
4. Instruct the patient to slowly perform a nodding action with their head and then hold it, attempting to increase the unit's pressure to 22 mmHg. Maintain this for 10 seconds.
5. Monitor for substitution movements, (such as head retraction or elevation), palpable activity in the sternocleidomastoid or anterior scalene muscles, and the ability to return to baseline pressure between attempts.
6. If the patient manages to hold without substitution movements or jerkiness, increase the target pressures progressively through stages (24, 26, 28, 30 mmHg), each held for 10 seconds, assessing the patient's ability to maintain each pressure increment without visible strain or use of accessory muscles

Test findings

Effective pressure maintenance

Record the highest pressure level the patient can maintain for 10 seconds with minimal superficial muscle activity or other compensatory strategies. Note any observations of muscle activation, substitution movements, or jerkiness.

Lucy was able to maintain a pressure of 24 mmHg steadily for 10 seconds, but showed early signs of fatigue and used minor compensatory strategies at higher pressures. No significant activation of the sternocleidomastoid or anterior scalene muscles was noted at the effective stages. Lucy displayed a smooth return to the baseline pressure between attempts.

Patient's comfort level: Lucy reported mild discomfort at higher pressures, especially at 24 mmHg

Examiner's additional notes

Observations indicated initial good control up to 22 mmHg but subsequent difficulty maintaining higher pressures without engaging accessory muscles. Recommended consideration for cervical muscle strengthening exercises and re-evaluation in 6 weeks.

Healthcare professional's information

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