

# Wainner Cluster Test

## Patient information

Name:

Age:

Sex:

Date:

## Test procedures and interpretation

### Upper limb tension test (ULTT1)

1. Depress the patient's shoulder on the affected side.
2. Then abduct the arm to 110 degrees and flex the elbow to 90 degrees.
3. Next, laterally rotate the shoulder and extends the wrist and fingers.
4. Slowly extend the elbow until symptoms are provoked.

Interpretation:

**Positive result:** The test is positive if it reproduces the patient's symptoms, shows over 10 degrees difference in elbow extension, or if contralateral cervical side bending increases symptoms or ipsilateral side bending decreases them.

**Negative result:** The test is negative if it does not reproduce the patient's symptoms and there is no significant difference in elbow extension.

### Distraction test

1. Position the patient supine.
2. Grasp the patient's head.
3. Apply a longitudinal traction force by pulling the head towards your torso.
4. Slightly flex the patient's neck.
5. Observe for reduction or elimination of arm symptoms.

Interpretation:

**Positive result:** A positive test indicates reduction or elimination of arm symptoms with traction.

**Negative result:** A negative test indicates no change or worsening of arm symptoms with traction.

## Spurling's test

1. Ask the patient to be seated.
2. Apply a downward axial load on the patient's head while simultaneously tilting it towards the symptomatic side.

Interpretation:

**Positive result:** If this maneuver increases symptoms in the arm, hand, or fingers, the test is positive and may indicate cervical radiculopathy.

**Negative result:** If the patient experiences no change in symptoms, it is negative and may suggest a different underlying cause.

## Cervical rotation test

1. Have the patient lie supine with their cervical spine fully flexed.
2. Rotate the patient's head to the left and right until the end range, typically around 44° in healthy individuals.
3. Observe for any limited rotation, firm resistance, or pain before the end range, indicating a positive test.

Interpretation:

**Positive result:** The patient experiences pain or limited rotation before reaching the end range of 44°, indicating a possible cervical spine issue such as muscle tension or joint dysfunction.

**Negative result:** The patient is able to fully rotate their head without any resistance or pain, indicating a healthy range of motion in the cervical spine.

## Overall result and findings

**Note:** Achieving three positive results out of four tests indicates a positive likelihood ratio of 6.1. If all four results are positive, the ratio increases to 30.3 (Wainner et al., 2003).

## Additional notes

## Healthcare professional's information

Name:

License number:

Contact number:

Signature:

## References

Physiotutors. (n.d.). *Cluster of Wainner I cervical radicular syndrome assessment*. <https://www.physiotutors.com/wiki/cluster-of-wainner/>

Wainner, R. S., Fritz, J. M., Irrgang, J. J., Boninger, M. L., Delitto, A., & Allison, S. (2003). Reliability and diagnostic accuracy of the clinical examination and patient self-report measures for cervical radiculopathy. *Spine*, 28(1), 52–62. <https://doi.org/10.1097/00007632-200301010-00014>