





Cervical Range of Motion

Using a Long-Arm Goniometer



Cervical Flexion

Base and Zero Degree Starting Position	Patient Positioning
	<ol style="list-style-type: none">1. Base Position: Sitting on a chair with back supported.2. Zero Degree Starting Position: Head and neck in a neutral, anatomical position.
Cervical Flexion with Goniometer	Standard Goniometer Placement
	<ol style="list-style-type: none">1. Axis of Motion: Aligned with the lateral body of the C4 or C5 vertebral body.2. Stationary Arm: Along mid-axillary line of trunk.3. Moving Arm: In line with mastoid process.

Cervical Extension

Base and Zero Degree Starting Position	Patient Positioning
	<ol style="list-style-type: none">1. Base Position: Sitting on a chair with back supported.2. Zero Degree Starting Position: Head and neck in a neutral, anatomical position.
Cervical Extension with Goniometer	Standard Goniometer Placement
	<ol style="list-style-type: none">1. Axis of Motion: Aligned with the lateral body of the C4 or C5 vertebral body.2. Stationary Arm: Along mid-axillary line of trunk.3. Moving Arm: In line with mastoid process.

Cervical Lateral Flexion

Base and Zero Degree Starting Position	Patient Positioning
	<ol style="list-style-type: none">1. Base Position: Sitting in an upright, neutral posture.2. Zero Degree Starting Position: Head and neck in the anatomical position.
Cervical Lateral Flexion with Goniometer	Goniometer Placement
	<ol style="list-style-type: none">1. Axis of Motion: Aligned over the spinous process of the C4 or C5 vertebrae.2. Stationary Arm: Along midline of trunk.3. Moving Arm: In line with the occipital protuberance.

Cervical Rotation

Base and Zero Degree Starting Position	Patient Positioning <ol style="list-style-type: none">1. Base Position: Sitting in an upright, neutral posture.2. Zero Degree Starting Position: Head and neck in the anatomical position.
Cervical Rotation with Goniometer	Goniometer Placement <ol style="list-style-type: none">1. Axis of Motion: Midpoint of the head, intersecting the mid sagittal and mid frontal planes.2. Stationary Arm: On top of head and kept in the mid sagittal plane.3. Moving Arm: In line with nose.

