

**Sports Medicine Cervical Spine Lab**

**Name:** \_\_\_\_\_

You need to assess 2 people in class. Have your patients lay on the floor and you begin your assessment from unconsciousness all the way through the reflexes. Use your notes. Place a + or a - next to the assessment if the sign is present (+) or not present (-).

**Patient Name:** \_\_\_\_\_

**Patient Name:** \_\_\_\_\_

1) Unconscious—Stabilize Head Check CAB:

C \_\_\_ A \_\_\_ B \_\_\_

C \_\_\_ A \_\_\_ B \_\_\_

2) Conscious Athlete—maintain stabilization:

a) Palpate C-Spine for Tenderness \_\_\_\_\_

C-Spine \_\_\_\_\_

b) Neurology: Finger Squeeze \_\_\_\_\_

Finger Squeeze \_\_\_\_\_

Foot Dorsiflexion \_\_\_\_\_

Foot Dorsiflexion \_\_\_\_\_

3) Evaluate Active ROM:

a) Supine ROM—check head movement:

Side-to-Side \_\_\_ Fwd/Back \_\_\_ Rotation \_\_\_

Side-to-Side \_\_\_ Fwd/Back \_\_\_ Rotation \_\_\_

b) Seated ROM—check head movement again:

Side-to-Side \_\_\_ Fwd/Back \_\_\_ Rotation \_\_\_

Side-to-Side \_\_\_ Fwd/Back \_\_\_ Rotation \_\_\_

4) Evaluate Passive ROM:

a) Axial Load—Push Head Down:

Head Straight \_\_\_ Head Right \_\_\_ Head Left \_\_\_

Head Straight \_\_\_ Head Right \_\_\_ Head Left \_\_\_

5) Eval Resistive ROM:

a) Motor:

C3-C4 \_\_\_ C-5 \_\_\_ C-6 \_\_\_ C-7 \_\_\_ C-8 \_\_\_

C3-C4 \_\_\_ C-5 \_\_\_ C-6 \_\_\_ C-7 \_\_\_ C-8 \_\_\_

b) Sensory:

C-5 \_\_\_ C-6 \_\_\_ C-7 \_\_\_ C-8 \_\_\_ T-1 \_\_\_

C-5 \_\_\_ C-6 \_\_\_ C-7 \_\_\_ C-8 \_\_\_ T-1 \_\_\_

c) Reflexes:

C-6 (Biceps) \_\_\_ C-7(Triceps) \_\_\_ C-8(Brach) \_\_\_

C-6 (Biceps) \_\_\_ C-7(Triceps) \_\_\_ C-8(Brach) \_\_\_

**Sports Medicine Concussion Lab**

**Name:** \_\_\_\_\_

You need to assess 2 people in class. Use your notes. Place a + or a - next to the assessment if the sign is present (+) or not present (-).

**Patient Name:** \_\_\_\_\_

**Patient Name:** \_\_\_\_\_

1) Memory: List four short term and four long term questions that you would ask the patient and place a (+) or (-) beside each question.

- Short Term: a)  
b)  
c)  
d)

- a)  
b)  
c)  
d)

- Long Term: a)  
b)  
c)  
d)

- a)  
b)  
c)  
d)

2) Cranial Nerves: 1-\_\_2-\_\_3-\_\_4-\_\_5-\_\_6-\_\_  
7-\_\_8-\_\_9-\_\_10-\_\_11-\_\_12-\_\_

1-\_\_2-\_\_3-\_\_4-\_\_5-\_\_6-\_\_  
7-\_\_8-\_\_9-\_\_10-\_\_11-\_\_12-\_\_

3) Balance:

- a) Both Feet Eyes Closed\_\_\_\_  
b) Walk Heal/Toe\_\_\_\_  
c) One Leg Eyes Open\_\_\_\_

- a) Both Feet Eyes Closed\_\_\_\_  
b) Walk Heal/Toe\_\_\_\_  
c) One Leg Eyes Open\_\_\_\_

4) Spatial:

- a) Finger to Nose\_\_\_\_  
b) Nose,Finger,Nose\_\_\_\_

- a) Finger to Nose\_\_\_\_  
b) Nose,Finger,Nose\_\_\_\_