



# Manual Therapy for the Cervical Spine: A Skills Session Part 1

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## Safety and Practice Considerations

- Sign waiver
- Only Perform if within your scope of practice
- Check alar and TLA ligament stability prior to performing
- Subjects self disclose concerns
- Subjects can stop at any time
- Maintain good communication
- Report side effects to instructor immediately

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## CERVICAL DOWN GLIDE MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/Downglide/Downglide.html>

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### Downglide Technique

- Patient Supine
- Thrust Hand on articular pillar of desired level
- Primary motion side flexion
- Secondary motion rotation
- Prime joint 3-4 times and perform pre-manipulative hold
- Thrust towards opposite SC joint/hip
- Variation: If hypermobile add slight lateral translation

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### CERVICAL UPGLIDE MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/Uplide/Uplide.html>

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### Uplide Technique

- Patient is supine
- Thrust hand on articular pillar of desired level
- Primary motion rotation
- Secondary motion Side flexion
- Prime Joint 3-4 times and perform pre-manipulative hold
- Thrust into rotation on 45 degree angle towards opposite eye
- If hypermobile: place compression through head and/or a lateral translation

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### CERVICAL C1-2 MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/C1-2Manip/C1-2Manip.html>

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### C1-2 Rotation

- Patient is supine
- Place thrust hand on posterior arch of C1
- Place non-thrust hand on side of head with palm over ear
- Primary motion is rotation
- Secondary SB and extension
- Prime joint 3-4 X
- Thrust is directed into rotation towards corner of patients mouth
- Variation: Add in SB or lateral translation as needed

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### CERVICAL C0-1 MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/C0-1/C0-1.html>

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### C0-1 Manipulation

- Patient is supine
- Place one hand broadly supporting the posterior occiput
- Place other hand stabilizes posterior aspect of C1 with broad lumbrical grip
- Place anterior deltoid of superior hand on the frontal bone
- Preposition in slight C0-1 flexion
- Thrust is combination of: (1) posterior glide applied through deltoid and (2) distraction force through superior hand
- Prime joint 3-4 X
- Variation: Add in SB or lateral flexion as needed

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