

Alar Ligament Test

Purpose

To assess the integrity of the alar ligaments and upper cervical stability.

1. Side bending stress test

Patient position:

- Sitting or supine

Therapist hand placement:

- One hand stabilizes the spinous process of C2 with a pincer grip.
- Other hand, slight compression on the crown of the head and then passively side bending the head.

2. Rotation Stress test

Patient position:

- Sitting or supine

Therapist hand placement:

- One hand stabilizes the spinous process of C2 with a pincer grip.
- Other hand, slight compression on the crown of the head and then passively rotates the head.

Outcome

If the ligament is intact, minimal side flexion and rotation will occur, with a strong capsular end feel and a solid stop. If there is excessive motion in the opposite direction for both the tests, there is instability due to an increase in the neutral zone in the joint.

Reference

Magee, D. J., Manske, R. C., J, D., & C, R. (2021). Orthopedic Physical Assessment. Elsevier Gezondheidszorg.

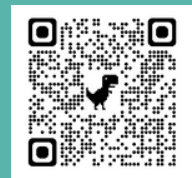
ANPT Concussion/mTBI Knowledge Translation Task force

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