

Flexion

- Patient in supine (on their back) with head well supported in your hands
- Place fingers in the interspinous space (space between the spinous processes of the vertebrae)
- C2/3 – second and third cervical vertebrae
- Move the cervical spine into flexion
- Piggy backing (this means moving fingers down, one over the other, to move down the spine to the next interspinous space)
- Move down the cervical spine level by level to the CT junction (junction of the cervical and thoracic spine)
- T2 – second thoracic vertebra
- Lift head higher on torso so that the movement is coming from your legs
- Hands should remain soft