

Extension

- 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
- Feel the gap
- Piggy backing (this means moving fingers down one over the other to move down the spine to the next interspinous space)
- The generation of the movement should come from the therapists legs
- Palpate (feel) C2 second cervical vertebra
- Move into extension
- Keep hands soft