

## Rotation

- Patient in supine (on their back) with head well supported in your hands
- Palpate (feel) facet joints – the joints at the side of the vertebral column
- C2/3 – second and third cervical vertebrae
- Find C2 spinous process. Come across (move out sideways)
- The right C2 slides posteriorly (backwards) on C3 during right rotation
- The right C2 slides anteriorly (forwards) on C3 during left rotation
- Palpate (feel) C2 spinous process
- Coming across to facet joints (moving out sideways from spinous process)
- Facet joint is behind the transverse process
- And under the trapezius muscle
- Feel the facet movement under fingers
- Facet joint on right is distracting (joint surfaces opening)