

Side flexion

- Patient in supine (on their back) with head well supported in your hands
- Feel for facet joints – the joints at the side of the vertebral column
- C2/3 – second and third cervical vertebrae
- Approximation (joint surfaces moving towards each other or closing) on right
- Intervertebral foramen closed on right during right side flexion
- During left side flexion right facet joint distracts (opens up) and intervertebral foramen opens
- Feel C2 spinous process and come across (move out sideways) to find the facet joints
- Facet joint is behind the transverse process
- And under the trapezius muscle
- Feel for the approximation
- Flex the spine slightly when moving down to the next level
- Use index finger to palpate (feel) the approximation