Joint Position Error Testing of Cervical Spine

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1. Measure subject sitting 100cm from tip of laser to wall.
2. Eyes closed they perform cervical rotation and flex / ext (slowly so as not to stimulate vestibular system)
3. Then they return to neutral head position eyes still closed.
4. THEN you stick target to wall with ‘post-its’ or masking tape – thus target is centred to THEIR neutral head position.
5. NOW instruct the subject to open their eyes: say ‘remember this position, in a moment you will close your eyes and move your head to the left as far as is comfortable and try and return to this point, when you think you are back at the centre of the target say STOP and do not open your eyes.’
6. At the point they say ‘STOP’ mark on the chart where the laser is.
7. The subject KEEPS THEIR EYES CLOSED. You passively return their head to the neutral head position established in 3. above and repeat a total of three measurements in each direction, taking the average.