Functional Assessment and Rehabilitation of the Cervical Spine in the Context of Regional Interdependency

Bradford Cole, DC, MS, CSCS
Kinesiopathologic Model of Rehabilitation

Sarhman, S. Diagnosis and Treatment of Movement Impairment Syndromes. Mosby 2002
Functional Interdependency

- Eyes, Ears
- Thoracic Spine
- Mastication
- Respiration
- Scapulae
- Cervical Spine

Cervical Syndromes
<table>
<thead>
<tr>
<th>Painful Joint</th>
<th>Trigger Points</th>
<th>Shortened Muscle</th>
<th>Inhibited Muscle</th>
<th>Faulty Posture</th>
<th>Faulty Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervico-cranial</td>
<td>SCM</td>
<td>Suboccipital</td>
<td>DNF</td>
<td>Head Forward</td>
<td>Neck Flexion</td>
</tr>
<tr>
<td>Gleno-humeral</td>
<td>Upper Trap</td>
<td>Levator scap, subscap</td>
<td>Lower Trap</td>
<td>Rounded Shoulder</td>
<td>Scapulo-humoral Rhythm</td>
</tr>
<tr>
<td>Upper Ribs</td>
<td>Scalenes</td>
<td>Pectoralis</td>
<td>Diaphragm</td>
<td>Slumped Posture</td>
<td>Respiration</td>
</tr>
<tr>
<td>TMJ</td>
<td>Lat. pterygoid</td>
<td>Masseter</td>
<td>Digastricus</td>
<td>Chin Poke</td>
<td>Mouth Opening</td>
</tr>
</tbody>
</table>


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Patterns in Orofacial Pain

- Digastricus Inhibition
  - Hyoid mobility positive

- Lateral pterygoid, masseter overactive
  - Positive mouth opening
  - Trigger points present

- TMJ hypomobility
  - Side of decreased translation during TMJ mobility test


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Pain → Performance
Fig. 1, 2: Ideal pattern of sagittal stabilization matures at the age of 4.5 months.

Fig. 3: Ipsilateral motor pattern
Left arm and left leg stepping forward,
right arm and right leg supporting.

Fig. 4: Contralateral motor pattern
Right arm, left leg stepping forward (reaching),
right leg, left arm supporting.

Assoc. Prof. Pavel Kolar, PaedDr., Ph.D.
Alena Kobesova, M.D., Ph.D.
Department of Rehabilitation and Sports Medicine, 2nd Medical Faculty, University Hospital Motol, Charles University, Prague, Czech Republic

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Functional diagnosis is based on comparing the patient’s stabilizing pattern with that of a normally developing baby and/or with the pattern evoked by reflex stimulation.
Postural Reactivity

Postural stabilization precedes any purposeful movement, ensuring a punctum fixum from which the punctum mobile moves about a joint in centration.
• Hour glass syndrome
• Cephalad shift of lower ribs
• Cephalad shift of umbilicus?

• TL paraspinal hypertrophy
• Poor depression of diaphragm
• Failure of IAP
(B) IAP regulators and DNF balance deep spinal extensors at low contraction levels.
Upon standing the spinal erectors, quadratus lumborum, and psoas are nearly relaxed. Walking involves 2% of maximum voluntary contraction (MVC) of the rectus abdominus and 5% MVC of the external obliques. Then lifting a 15kg (33lb) kettle bell causes these muscular contractions to increase 1.5%.


3 Myths About Core Strengthening for Back Pain (DrBradCole.com)
Muscle function encoded by central motor programs develop as the CNS matures. Disturbance in this equilibrium due to CNS lesions, pain, trauma, habitual patterns, or repetitive overuse results in musculoskeletal pain.

Pavel Kolar, PaedDr, PhD
Should internal forces produce abnormal loading:
1. Developmental changes
2. Degenerative changes
3. Resulting pain

Reasons for postural disturbance:
1. Central Coordination Deficit *
2. Habitual reasons
3. Nociceptive reasons

*neurological deficits
The aim of this pilot study was to add weight to a hypothesis according to which patients presenting with chronic neck pain could have a predisposition towards respiratory dysfunction. Twelve patients with chronic neck pain and 12 matched controls participated in this study. Spirometric values, maximal static pressures, forward head posture and functional tests were examined in all subjects... Furthermore, the current study demonstrated a strong association between an increased forward head posture and decreased respiratory muscle strength in neck patients. The connection of neck pain and respiratory function could be an important consideration in relation to patient assessment, rehabilitation, and consumption of pharmacological agents.

BACKGROUND: Musculoskeletal impairments of the craniocervical region might play an important role on the pathogenesis of CTTH. **Deficits in the performance of the CCFT** have been reported in patients with cervicogenic headache, nonspecific neck pain, and whiplash injury, but not in individuals with CTTH.

CONCLUSIONS: These findings suggest **possible impairments** of the musculoskeletal system in individuals with CTTH, although it is not possible to determine if these impairments contributed to the etiology of CTTH or are as a result of the chronic headache condition.
People with chronic neck pain demonstrate a reduced ability to maintain an upright posture when distracted.

People with neck pain demonstrate altered motor control during performance of a functional activity.

Greater activation of accessory neck muscles during the functional task may represent a compensation of reduced activation of painful muscles.

Compared to control, impairment in isometric CCF muscle performance exists over a range of contraction intensities in neck pain sufferers.

Greater perceived disability among patients with neck pain appears to result in greater accessory muscle EMG amplitude during the functional task.

Following intervention with an exercise program targeted at training the cranio-cervical flexor muscles, subjects with neck pain demonstrated an improved ability to maintain a neutral cervical posture during prolonged sitting.

Falla, Jull, et al. Spine 2004