



# NECK ASSESSMENT FORM



*Providing coaches, referees, players, and administrators with the knowledge, skills, and leadership abilities to ensure that safety and best practice principles are incorporated into all aspects of contact rugby.*

# NECK ASSESSMENT FORM

NAME: \_\_\_\_\_  
 D.O.B:     /     /     \_\_\_\_\_  
 DATE:     /     /     \_\_\_\_\_ Dominance   
 POSITION: \_\_\_\_\_

## HISTORY:

### Mechanism of Injury

Trauma      Stretching      Overuse  
 Front imp      Back imp      Side imp

### Pain

Deep      Superficial      Burning      Aching      Radiating  
 Cough      Unilateral      Bilateral      Headache

Aggravating Factors: \_\_\_\_\_ Relieving factors: \_\_\_\_\_

### Symptoms

Paresthesia      Tingling      Weakness      Dizziness  
 LOC

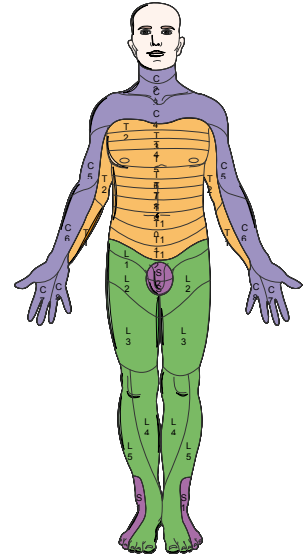
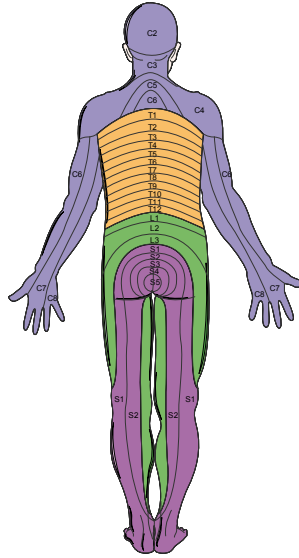
Functional limitations: \_\_\_\_\_

PAST HISTORY

INVESTIGATIONS

SPECIAL TESTS

COMMENTS



## EXAMINATION

**L**                      **R**

### Range of Motion

|   |     |      |     |      |
|---|-----|------|-----|------|
| FLEX<br>Normal 80-90°<br>Pain +/-         | /10 | PAIN | /10 | PAIN |
| EXT<br>Normal 70°<br>Pain +/-             | /10 | PAIN | /10 | PAIN |
| LAT FLEX<br>Normal: 20-45°<br>Pain +/-    | /10 | PAIN | /10 | PAIN |
| ROTATION<br>Normal: 70-90°<br>Pain +/-    | /10 | PAIN | /10 | PAIN |
| RETRACT<br>Ant / Level / Post<br>Pain +/- | /10 | PAIN | /10 | PAIN |

### Muscle Strength

Record L > < = R

|      |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| C1/2 | C3 | C4 | C5 | C6 | C7 | T1 |
| /5   | /5 | /5 | /5 | /5 | /5 | /5 |

### Reflexes

Record 0 - 4

|         |       |         |       |
|---------|-------|---------|-------|
| L BICEP | L TRI | R BICEP | R TRI |
|---------|-------|---------|-------|

### Special Tests

|                      |     |      |     |      |
|----------------------|-----|------|-----|------|
| QUADRANT<br>Pain +/- | /10 | PAIN | /10 | PAIN |
| ANT DRAW<br>+/-      |     | PAIN |     | PAIN |
| COMP TEST<br>+/-     |     |      |     |      |
| SPURLING'S<br>+/-    |     |      |     |      |
| DISTRACTION<br>+/-   |     |      |     |      |
| ULTT1                |     |      |     |      |
| Median bias +/-      |     |      |     |      |
| ULTT2                |     |      |     |      |
| Median bias +/-      |     |      |     |      |
| ULTT3                |     |      |     |      |
| Radial bias +/-      |     |      |     |      |
| ULTT4                |     |      |     |      |
| Ulna bias +/-        |     |      |     |      |
| SH ABD               |     |      |     |      |
| Relief +/-           |     |      |     |      |
| VERTEB ART +/-       |     |      |     |      |

