

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# C-Spine & Return to Play Protocol

1. How many vertebrae does the c-spine consist of?  
A. Star Excursion Balance Test
2. What zone occurring near the end-range of spinal motion is produced against increase passive resistance?  
B. Trauma
3. What zone has motion that is produced against minimal passive resistance?  
C. Neutral zone
4. Cervical instability is caused by \_\_\_\_\_.  
D. Spinal stenosis
5. A narrowing of the spaces within your spine, which can put pressure on the nerves that travel through the spine.  
E. Plank Endurance test
6. Most common form of arthritis that causes pain, swelling, and reduced motion in the joints.  
F. Seven
7. This occurs when the muscles in the neck, shoulders, and chest become deformed, usually as a result of poor posture.  
G. Cervical Facet Osteoarthritis
8. This treatment is used to relieve pressure on spinal cord or nerve roots y creating more space within spinal canal.  
H. Participation risk evaluation
9. Step 1 of Return to Play  
I. Upper Crossed Syndrome
10. Step 2 of Return to Play?  
J. Goniometer
11. For ACL patients, which test requires strength, flexibility and proprioception?  
K. Surgery
12. What can you use to measure a patient's active range of motion?  
L. Evaluation of health status
13. What can we use that can test a patient's functional stability?  
M. Elastic zone