

SPINAL MOVEMENTS

Cheat Sheet

SB & ROTATION

FACETS

SEGMENT	FUNCTIONAL	NON-FUNCTIONAL	MOVEMENT	ARTHROKINEMATICS
SUBCRANIAL/ UPPER CERVICAL	same	opposite	FORWARD BEND	Bilateral Upguide
MID/LOWER CERVICAL & UPPER THORACIC	same	same	BACKWARD BEND	Bilateral Downguide
MID/LOWER THORACIC/ LUMBAR	same	opposite	SIDE BEND	Contralateral upguide/ Ipsilateral downguide
			ROTATION	Contralateral compression/ Ipsilateral gapping

COUPLING

SIDE BENDING

ROTATION

SUBCRANIAL/
UPPER CERVICAL

Functional: causes rotation to the **same** side
Non-functional: causes rotation to the **opposite** direction

Functional: causes SB to the **same** side
Non-functional: causes SB to the **opposite** side

MID/LOWER
CERVICAL &
UPPER THORACIC

Functional: causes rotation to the **same** side
Non-functional: causes rotation to the **same** direction

Functional: causes SB to the **same** side
Non-functional: causes SB to the **same** side

MID/LOWER
THORACIC/
LUMBAR

Functional: causes rotation to the **same** side
Non-functional: causes rotation to the **opposite** direction
↳ because of crowding of ribs & lordosis

Functional: causes SB to the **same** side
Non-functional: causes SB to the **opposite** side

CAPSULAR V.S. NON-CAPSULAR

CERVICAL

LUMBAR

CAPSULAR PATTERN	NON-CAPSULAR PATTERN	CAPSULAR PATTERN	NON-CAPSULAR PATTERN
FB Contra CB Contra ROT	BB Ipsi SB Ipsi ROT	FB Contra CB Ipsi ROT	BB Ipsi SB Contra ROT
upguide & gapping	downguide & compression	upguide & gapping	downguide & compression