

Name:

Cervical

Muscle Strength Testing Results



PEAK FORCE
PEAKFORCESYSTEMS.COM

	Position	HHD place- ment	L	R	Normal	% BW	# of tests
Flexion	Seated, 0*	Forehead			11.2 Lb 5.1 Kg	17.0	6813
Extension	Seated, 0*	Occiput			11.6 Lb 5.3 Kg	30.2	7049
Sidebend R	Seated, 0*	Above ear			10.3 Lb 4.7 Kg	23.9	13494

References

- Collins, C. L., Fletcher, E. N., Fields, S. K., Kluchurosky, L., Rohrkemper, M. K., Comstock, R. D., & Cantu, R. C. (2014). Neck Strength: A Protective Factor Reducing Risk for Concussion in High School Sports. *Journal of Primary Prevention*, 35(5), 309–319. <https://doi.org/10.1007/s10935-014-0355-2>
- Geary, K., Green, B. S., & Delahunt, E. (2013). Intrarater reliability of neck strength measurement of rugby union players using a handheld dynamometer. *Journal of Manipulative and Physiological Therapeutics*, 36(7), 444–449. <https://doi.org/10.1016/j.jmpt.2013.05.026>
- Kubas, C., Chen, Y.-W., Echeverri, S., Mccann, S. L., Denhoed, M. J., Walker, C. J., Kennedy, C. N., & Reid, A. W. D. (n.d.). *RELIABILITY AND VALIDITY OF CERVICAL RANGE OF MOTION AND MUSCLE STRENGTH TESTING*. www.nsca.com
- Vannebo, K. T., Iversen, V. M., Fimland, M. S., & Mork, P. J. (2018). Test-retest reliability of a handheld dynamometer for measurement of isometric cervical muscle strength. *Journal of Back and Musculoskeletal Rehabilitation*, 31 (3), 557–565. <https://doi.org/10.3233/BMR-170829>
- Shahidi, B., Johnson, C. L., Curran-Everett, D., & Maluf, K. S. (2012). Reliability and group differences in quantitative cervicothoracic measures among individuals with and without chronic neck pain. *BMC Musculoskeletal Disorders*, 13. <https://doi.org/10.1186/1471-2474-13-215>
- Martins, F., Bento, A., & Silva, A. G. (2018). Within-Session and Between-Session Reliability, Construct Validity, and Comparison Between Individuals With and Without Neck Pain of Four Neck Muscle Tests. *PM and R*, 10(2), 183–193. <https://doi.org/10.1016/j.pmrj.2017.06.024>

Full reference list at PeakForceSystems.com/education