

Long version

Overall recording

Next, we will perform a joint range and cervical motion assessment that will take approximately 5 minutes.

We are going to ask you to perform a series of controlled movements following instructions. They should not be painful movements and the measurement can be interrupted if you feel sick or dizzy.

You should be sitting upright in a comfortable chair leaning on the back and resting your hands on your thighs so that your shoulders are relaxed.

The movements should only be carried out by moving the neck, avoiding moving other regions such as the trunk, which must be supported by the back of the chair at all times, or the shoulders, which must remain in a relaxed position.

Take a few seconds to get into position and when you are in the starting position, press the trigger with your index finger to start.

Flexion/extension recording

Next, when this explanation is finish, you have to perform the movement that you see on the model sitting in front of you, known as flexion and extension. As you can see, the movement consists of flexing your neck, bringing your chin closer to your chest, and then extending your neck back in a controlled manner in the opposite movement. The movement is performed only a plane of space, so moving the neck outside of this plane of movement should be avoided.

You must reach the maximum of the movement in one direction and then in the opposite direction continuously and then return to the starting position. You will do 3 repetitions of these movements.

The starting position is the one you must have before pressing to start the movement, in which your gaze must be kept straight ahead of your neck. This will be the position you will need to return to after each move.

Since you are in the starting position, without pressing any button do the 3 repetitions without stopping for warm-up (time to perform the warm-up), now press the trigger to start the first repetition from the starting position.

(Time to perform first repetition)

Now press the trigger to start the second repetition from the starting position.

(Time to perform second repetition)

Press the trigger to start the third repetition from the starting position.

(Time to perform third repetition)

Finally, press the trigger to end this measurement.

Rotation recording

Next, when this explanation is finish, you have to perform the movement that you see on the model sitting in front of you, known as rotations. As you can see, the movements consist of turning your neck to one side and the other, as if you wanted to look the sides. The movement is performed only a plane of space, so moving the neck outside of this plane of movement should be avoided.

You must reach the maximum of the movement in one direction and then in the opposite direction continuously and then return to the starting position. You will do 3 repetitions of these movements.

The starting position is the one you must have before pressing to start the movement, in which your gaze must be kept straight ahead of your neck. This will be the position you will need to return to after each move.

Since you are in the starting position, without pressing any button do the 3 repetitions without stopping for warm-up (time to perform the warm-up), now press the trigger to start the first repetition from the starting position.

(Time to perform first repetition)

Now press the trigger to start the second repetition from the starting position.

(Time to perform second repetition)

Press the trigger to start the third repetition from the starting position.

(Time to perform third repetition)

Finally, press the trigger to end this measurement.

Lateral flexions recording

Next, when this explanation is finish, you have to perform the movement that you see on the model sitting in front of you, known as lateral flexions. As you can see, the movements consist of bending the neck to one side, bringing your ear closer to your shoulder, and then to the opposite side. The movement is

performed only a plane of space, so moving the neck outside of this plane of movement should be avoided.

You must reach the maximum of the movement in one direction and then in the opposite direction continuously and then return to the starting position. You will do 3 repetitions of these movements.

The starting position is the one you must have before pressing to start the movement, in which your gaze must be kept straight ahead of your neck. This will be the position you will need to return to after each move.

Since you are in the starting position, without pressing any button do the 3 repetitions without stopping for warm-up (time to perform the warm-up), now press the trigger to start the first repetition from the starting position.

(Time to perform first repetition)

Now press the trigger to start the second repetition from the starting position.

(Time to perform second repetition)

Press the trigger to start the third repetition from the starting position.

(Time to perform third repetition)

Finally, press the trigger to end this measurement.

Final statement

The assessment has finished, thank you very much for your collaboration.

Short version

Overall recording

Next, we will perform a joint range and cervical motion assessment.

Take a few seconds to get into position and when you are in the starting position, press the trigger with your index finger to start.

Flexion/extension recording

Next, when this explanation is finish, you have to perform the movement that you see on the model sitting in front of you, known as flexion and extension.

You will do 3 repetitions of these movements.

Now press the trigger to start the first repetition from the starting position.

(Time to perform first repetition)

Now press the trigger to start the second repetition from the starting position.

(Time to perform second repetition)

Press the trigger to start the third repetition from the starting position.

(Time to perform third repetition)

Finally, press the trigger to end this measurement.

Rotation recording

Next, when this explanation is finish, you have to perform the movement that you see on the model sitting in front of you, known as rotations. You will do 3 repetitions of these movements.

Now press the trigger to start the first repetition from the starting position.

(Time to perform first repetition)

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(Time to perform second repetition)

Press the trigger to start the third repetition from the starting position.

(Time to perform third repetition)

Finally, press the trigger to end this measurement.

Lateral flexions recording

Next, when this explanation is finish, you have to perform the movement that you see on the model sitting in front of you, known as lateral flexions. You will do 3 repetitions of these movements.

Now press the trigger to start the first repetition from the starting position.

(Time to perform first repetition)

Now press the trigger to start the second repetition from the starting position.

(Time to perform second repetition)

Press the trigger to start the third repetition from the starting position.

(Time to perform third repetition)

Finally, press the trigger to end this measurement.

Final statement

The assessment has finished, thank you very much for your collaboration.