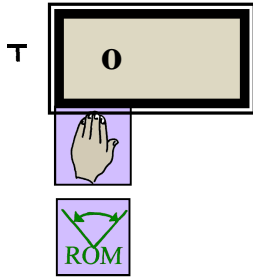


# -Cervical Lamina Supine-

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## Steps



👉 Position> The client is supine with the therapist seated at the head.

1) **Palpate** the lamina groove for trigger points, adhesive bands, and spasms that may deviate the spine

2) Check **range of motion** of the neck

- Observe unassisted ROM
- Observe ROM with passive manual assistance
- Is there pain? where?
- Restricted motion? which side?

👉 Position> Support the client's head with the non-treating hand. Lift the head at least 45 degrees with the client facing the ceiling. Lubricate the lamina groove. place the treating hand, wrist and thumb in line with the spine. Cup the treating hand under the neck while placing the treating thumb against the occipital ridge and against the posterior tubercle of C1.

3) With the thumb pressing into the lamina groove, **glide inferiorly** from the occipital ridge to C7. Maintain a gentle but firm pressure along the posterior tubercle of C1 and along the spinous processes of C2-C7. *Repeat 4-6x.*

- avoid pressing into bifid or rotated spinous processes

👉 Position> Rotate the client's head contralaterally

4) Continue laterally in thumb width strips while **gliding inferiorly** from the occiput to C7. *Repeat each strip 4-6x.* Continue in strips until the entire lamina is treated.

- Avoid pressing on the lateral end of the transverse processes or the posterior tip of the spinous processes as these bony protrusions are sharp and pressing on them may cause trauma to the immediate superficial tissues.

- Limit pressure to the lamina groove.

- Be certain to achieve two movements of the spine: first, vertical elevation toward the ceiling and second, cervical extension.

5) Check **ROM** again (pain, restriction)

- Observe unassisted ROM
- Observe ROM with passive manual assistance
- Is there pain? where?
- Restricted motion? which side?



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## Summary

👉 Position> The client is supine with the therapist seated behind his head.


1)  palpate area


2)  check range of motion


3)  along transverse processes. 4-6x

•  avoid pressing into bifid or rotated spinous processes

👉 Position>  Rotate head contralateral

4)  resume 1/4" to 1/2" laterally, treating entire lamina

•  Avoid pressing on the lateral end of the transverse processes or the posterior tip of the spinous processes

•  Limit pressure to the lamina groove.

• Be certain to achieve 2 movements of the spine: first, is the vertical elevation toward the ceiling, second is cervical extension.

5)  check ROM again