

Upper Extremity

- C1** upper Cx flexion
- C2** upper Cx extension / Cx rotation
- C3** Cx lateral flexion
- C4** resisted shoulder shrugs/elevation
- C5** resisted shoulder abduction
- C6** resisted elbow flexion and wrist extension
- C7** resisted elbow extension wrist flexion
- C8** resisted thumb extension and ulnar deviation
- T1** fingers abduction & adduction

Lower Extremity

The quick test for the lower extremity, to rule out a nerve root injury is to have the athlete do a squat.

- L1-L2** resisted hip flexion
- L3** resisted knee extension
- L4** resisted foot dorsi flexion
- L5** resisted great toe extension
- S1/S2** resisted plantar flexion and eversion and knee flexion
- S3** none
- S4** bladder and rectum