

## Counterstrain: Posterior Cervical Tender Points



PLAY PICMONIC

### Posterior Tender Points

#### PC1: Inferior Nuchal Line Lateral to the Inion

Post-terrier (1) Wand: In-fur Brass-knuckles Line Ladder to the Onion

The central posterior tender point for C1 is located along the inferior nuchal line, lateral to the inion. This tender point can be palpated bilaterally and is associated with dysfunction of the C1 vertebrae.

#### PC1 Lateral: Between the Inion and Mastoid Process

Post-terrier (1) Ladder: Between the Onion and the Mustard

The lateral posterior tender point for C1 is bilaterally located between the Inion and Mastoid Process. This tender point can be useful in determining a rotational/side-bending dysfunction of the C1 vertebrae.

#### PC2 - PC6: Laterally to the Spinous Process of the Vertebra Above

Post-terriers (2) Tutu and (6) Sax: Ladder to the Spy-nose of the Vertebra Above

The posterior cervical tender points for C2-C6 are located laterally to the spinous process of the superior vertebrae. This is because the spinous process of each vertebra descends to the next vertebrae, making the spinous process of the superior vertebrae on the same plane as the vertebrae inferior. These tender points can be palpated bilaterally.