

Counterstrain: Anterior Cervical Tender Points

Tender points are a useful tool in identifying somatic dysfunction and the effectiveness of counterstrain to the area. Cervical tender points can be found both anteriorly or posteriorly. Tender points will be edematous, tender to touch, without radiation.



PLAY PICMONIC

Anterior Tender Points

AC1: Posterior Ramus of the Mandible

[Cervical-cat \(1\) Wand](#): [Post-terrier Ray Mandible-man](#)

The anterior tender point for C1 is located on the posterior ramus of the mandible and can be found bilaterally. This tender point may be related to muscular tensions or a rotation/sidebending dysfunction to C1. The muscle targeted is the rectus capitis anterior.

AC2 - AC6: Anterior Surfaces of the Transverse Process

[Cervical-cats with \(2\) Tutu and \(6\) Sax](#): [Anteater Surfaces of the Train](#)

The anterior tender points for C2 - C6 are located on the anterior surfaces of the transverse processes. These correspond to the affected vertebrae. These can usually be felt within the posterior triangle of the neck bilaterally. These tender points largely involve the longus capitis and longus colli muscles.

AC7: Clavicle Attachment of the Sternocleidomastoid

[Cervical-cat with Lucky \(7\) Slot-machine](#): [Clavicle Attached to Sternum-clavicle-mustard](#)

The anterior cervical tender point is located at the clavicular attachments of the sternocleidomastoid muscle. This tender point is approximately 1 cm lateral to the sternal end of the clavicle.

AC8: Sternal Attachment of the Sternocleidomastoid

[Cervical-cat \(8\) Ball](#): [Sternum Attached to Sternum-clavicle-mustard](#)

The anterior cervical tender point is located at the sternal attachment of the sternocleidomastoid. This tender point is located just medial to the sternal end of the clavicle at the suprasternal notch.
