

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

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

AC8: Sternal Attachment of the Sternocleidomastoid

Cervical-cat (8) Ball: Sternum Attached to Sternum-clavicle-mustard