

Gonstead Technique - A Protocol Sheet

Checklist: Observation, Instrumentation, Static Palp, Motion Palp, X-Ray
(mnemonic: Oh, I see my x-ray)

Upper Cervical Vertebral Level	Instrument	Motion Palp	Observation	Motion Palp	Listing
C0	Nerv-o-Scope findings	Laterality (C1/C2 rotation for atlas, "Duck" or "4 corners" for Occiput) Atlas Superiority/Inferiority (Chin-hi/lo) and/or Chin-hi/lo or "4-Corners" for PS/AS Occiput Laterality is P or A? (for Occipital listing check atlas rotation and reverse it)			
C1	RS LS	AS PS	RA RP LA LP	X-Ray	

Instrument	Motion Palp		Static Palp		Observation	Motion Palp	Observation	Motion Palp
	Which side? (Use one method)				PI or AS ? (Use one method)	EX or IN ? (Use one method)		
Pelvic Findings (Mark findings on involved side only)	Nerv-o-Scope Findings Twist (both sides restricted suspect sacrum) Forward Bend - side that rides up is stuck to sacrum (both sides "wobble" to level mark sacrum or low lumbar)		Upper (PI) or Lower (IN) joint tenderness and/or edema (Both (EX) or Neither(IN))		Higher (AS) or Lower (PI) Glute Modified Gillet's Exam (Leg Lifting) (Improper movement on Same Side (AS) or Opposite Side (PI))	Narrow (EX) or Wide (IN) Glute	Knee-in/Knee-out test (mark direction of knee is pointing when you find the restriction)	X-Ray
R or L SI	R L Both	R L "Wobble"	U L B N	H L	SS OS	N (Ex) W (In)	Out (Ex) in (In)	PI AS EX IN
Sacrum	Sacral Tubercles Tender (Sacrum) L5 or L4 Spinouses Tender (Low Lumbar)							
	L (ala post/restricted) R or Both (BP)							

Vertebral Level	Visible Edema (also notice other findings: moles, scars, etc.)	Nerv-o-Scope Finding (mark PEAK of break)	Palpable Edema	POP at spinous - most tender	Hyperemia (esp. after palp)	Flex/Ext Motion Palp (this is your "P")	Rotation Restriction Motion Palp (R/L)	Lateral Flexion Restriction Motion Palp AND visualization (R/L is superior)	X-Ray findings	Listing
C2										
C3										
C4										
C5										
C6										
C7										
T1										
T2										
T3										
T4										
T5										
T6										
T7										
T8										
T9										
T10										
T11										
T12										
L1										
L2										
L3										
L4										
L5										

No observation, no real instrument findings Tenderness (static palp) A-P restriction (motion Palp) Right or left restriction (motion Palp) X-Ray	Listing
COCCYX	

Date: _____

Student/Doctor Name/Number: _____

Patient Name/number: _____

Observation (15 to 20 seconds)
 Visible Edema
 Things that will effect the scope (scars, moles, pimples)

Instrumentation (1 minute)
 Scan C7/T1 up, then C7/T1 Down
 Mark "Trailing Edge of Hot side" at the point of the break (i.e. where the needle starts to swing back)

Static Palpation (30 seconds to 1 minute)
 Feel SPINOUSES for edema (fingers on spinouses for cerv. & thoracics or "skier" in thoracics/lumbar)
 Feel SPINOUSES for tenderness - mark all, circle most tender (Sometimes it is on the inferior tip of the spinous)
 OBSERVE for hyperemia AFTER you palpate - if it stays more red than the other segments, it's over-reacting & subluxated
 Palpate along SI joints for tenderness

Motion Palp (2 - 3 minutes)
 Check Pelvis (Twist or Bend - if positive list pelvis/sacrum)
 Check Spine
 Flexion/Extension, then rotation, then lateral flexion
 You may have to OBSERVE for rotation and lateral flexion
 Fingers on several segments and WATCH what happens
 Check Upper Cervical -
 C1/C2 rotate to check Atlas
 Fingers in Vertical Gap for Occiput, Rock chin up/down