

# My Tenderness & Spasm Check

## Cervical Spine



**C2**

**Pain: 0 1 2 3 4 5**



**C5**

**Pain: 0 1 2 3 4 5**



**C6**

**Pain: 0 1 2 3 4 5**



**C7**

**Pain: 0 1 2 3 4 5**



### Cervical Muscle

**Spasms:**  
 None  A little  
 Some  A lot

**Pain: 0 1 2 3 4 5**

## Thoracic Spine



### Levator Muscle

**Spasms:**  
 None  A little  
 Some  A lot

**Pain: 0 1 2 3 4 5**



### Trapezius Muscle

**Spasms:**  
 None  A little  
 Some  A lot

**Pain: 0 1 2 3 4 5**



**T3**

**Pain: 0 1 2 3 4 5**



**T5**

**Pain: 0 1 2 3 4 5**



### Rhomboid Muscle

**Spasms:**  
 None  A little  
 Some  A lot

**Pain: 0 1 2 3 4 5**

# Lumbar Spine



**PSIS**

**Pain: 0 1 2 3 4 5**

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**L5**

**Pain: 0 1 2 3 4 5**

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**L4**

**Pain: 0 1 2 3 4 5**