Listings

describe the direction in which a vertebra has misaligned from its normal position
the three listing systems commonly used in the profession include

Palmer
Gonstead
Mal-Position
Palmer Listings

Are used specifically for the atlas and axis which are listed to the occiput, specifically the foramen magnum.

Letters are used to correspond to a specific component of the misalignment, for example:

- A  - atlas
- S/I  - superior / inferior
- L/R  - left / right
- A/P  - anterior / posterior
Gonstead Listings

Each segment is listed to the segment immediately below. Sherman uses the Gonstead system for listing C3-L5, occiput, sacrum and pelvis.

Letters are used to correspond to a specific component of the misalignment, for example:

S/I - superior / inferior
L/R - left / right
A/P - anterior / posterior
Mal-Position Listings

are based upon the gross position of the segment relative to the segment immediately below. Mal-position listings may be used for most segments of the spine and pelvis.

The segment is listed by naming the position in which the segment is found relative to the segment below, followed by the word mal-position, for example:

- flexion mal-position
- extension mal-position
- R/L rotation malposition
- R/L lateral flexion mal-position
The Occiput
Occiput

Reference Occiput

AS gonstead

extension mal-position
Occiput

Reference Occiput

PS gonstead

flexion mal-position
left lateral flexion mal-position
Occiput

P-A view

Reference Occiput

LS gonstead

right lateral flexion mal-position
Occiput

Reference
Occiput

RA  gonstead
(listed on the side of occiput laterality)

mal-position none
Occiput

Reference
Occiput

LP *gonstead*
(listed on the side of occiput laterality)

*mal-position none*
Occiput

RP  gonstead
(listed on the side of occiput laterality)

mal-position none
LA gonstead
(listed on the side of occiput laterality)

mal-position none
Occiput

Malposition listings

- R/L Lateral Flexion
- Extension
- Flexion

Gonstead Listings

- AS-RS-RA
- AS-RS-RP
- AS-LS=LA
- AS-LS-LP
- PS-RS=RA
- PS-RS-RP
- PS-LS-LA
- PS-LS-LP
the Atlas
Atlas

A (Atlas)

Palmer

nenone

mal-position
Atlas

S (superior)

Palmer

none

mal-position

reference: anterior tubercle
Atlas

1 (inferior)

Palmer

none

mal-position

reference: anterior tubercle
Atlas

R (right lateral)

Palmer

none

mal-position

reference: transverse process
Atlas

L (left lateral)

Palmer

none

mal-position

reference: transverse process
Atlas

P (right posterior)

Palmer

none

mal-position
Atlas

A (left anterior)

Palmer
none

mal-position

rotation is listed on the side of laterality

reference: transverse process
Atlas

P (left posterior)

Palmer

none

mal-position

reference: transverse process

rotation is listed on the side of laterality
Atlas

A (right anterior)

Palmer

none

mal-position

rotation is listed on the side of laterality

reference: transverse process
Atlas

Malposition listings

none

Palmer Listings

- ASR
- ASRA
- ASRP
- AIR
- AIRA
- AIRP

- ASL
- ASLA
- ASLP
- AIL
- AILA
- AILP
the Axis
The Palmer system gives us 4 ‘pivot’ points from which listings are derived.

The pivot points are not actual joints, but simply observed stationary points.
1. Spinous Pivot Body Right or Left.
   SPBR, SPBL
2. Center Pivot Body Right and Left.
   CPBR, CPBL
   BPSR, BPSL
4. Entire Segment Right or Left.
   ESR, ESL
Pivot point Spinous
Pivot point Center of the Neural Canal
BPSL

Pivot point Body of Axis

BPSR

3

Pivot point Body of Axis

3
palmer Axis Listings

- SPBR
- SPBL
- CPBR
- CPBL
- BPSR
- BPSL

- ESR
- ESR-SR
- ESR-BR
- ESL
- ESL-SL
- ESL-BL
Gonstead

P (posterior)

gonstead

reference: vertebral body

note: some aspect of the vertebral body is found posterior when a vertebrae is subluxated
Gonstead

L (left)

gonstead

reference: spinous process

right rotation

malposition

reference: vertebral body
Gonstead

S (superior)

gonstead

reference: vertebral body

note: S/I are listed on the side of spinous laterality

right lateral flexion

malposition

reference: vertebral body
Malposition listings

- R/L Rotation
- R/L Lateral Flexion
- Extension
- Flexion
The Sacrum
the ‘Normal’ Sacrum

Second sacral tubercle is equidistant from the R/L PSIS.

Sacral apex is in the center.

Sacral base is level with the horizon.
Sacrum

P-R (posterior right)

gonstead
(can also have P-L posterior left)

reference: sacral base
Sacrum

PIR (*posterior inferior right*)

gonstead

(can also have PIL *posterior inferior left*)

reference: *sacral base*
Sacrum

AIR (anterior inferior right)

gonstead
(can also have AIL anterior inferior left)
reference: sacral base
Sacrum

BP (base posterior)

gonstead

reference: sacral base
Sacrum

Apex Posterior

gonstead

reference: sacral base
the Sacrum

Gonstead Listings

- P-R
- P-L
- PIR
- PIL
- AIR
- AIL
- Base Posterior
- Apex Posterior
the Pelvis
the ‘Normal’ Pelvis

Second sacral tubercle is equidistant from the R/L PSIS
Sacral apex is in the center
PSIS’s are level with each other
The iliac crest and Ischial tubes are level
PI left or AS right gonstead
reference: PSIS

left flexion
right extension
malposition
reference: PSIS

pelvis

Pelvis

PI

AS

posterior
Ischial tube

anterior
Ischial tube
IN left or EX right gonstead
reference: PSIS
PIIN left or ASEX right gonstead
reference: PSIS
the Pelvis

Malposition listings

- R/L flexion
- R/L extension

Gonstead Listings

- PI
- PIIN
- PIEX
- AS
- ASIN
- ASEX
- Double PI
- Double AS
“The fight is won or lost far away from witnesses. It is won behind the lines, in the gym and out on the road, long before I dance under those lights”

-Muhammad Ali