

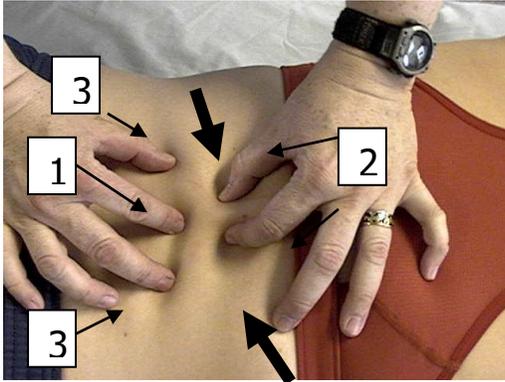
Releasing Joint Restrictions:

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BACK TRUNK [BT]

For: Headache, shoulder, neck and back pain that worsens with bending forward such as reading, sitting, or lying on back with knees bent and improves with being straight, standing or bending backwards. Rib pain with blowing air out forcefully.

2X/day check tender points on center and both right and left sides. Treat worst points first.



Restriction Indicator:

Have someone poke from neck to bottom of spine on bumps down center of spine on back to find sorest spot on spine. 5 possible tender points ea bone:

- 1-Directly on bump on spine push toward the front of body.
- 2-On side of bump pushing toward the spine itself to middle of back (as if pinching the bump).
- 3-Off to side of bump about 1-1/2 inches pushing toward front of body.
4. Also check the ribs off the side of the back bones.



Movement Combination:

1. Bring leg opposite tender side off bed.
2. Bring shoulder away from tender point
3. Bring ear away from tender point.
4. Turn chin away.
5. Jut chin toward ceiling arching neck
6. Lay arm of tender side overhead.

Movement Combination alternate:

Lay on side bend backwards bringing heels & head toward buttocks.

Alternate Treatment Position:

Lean back in sitting with head falling backwards, tilting ear and turning face away from sore side, drop leg opposite from RI off chair.

Alternate Treatment Position:

Standing with one foot toward wall and keep this foot back and step forward almost 2 feet with other leg, tilt waist toward wall and turn toward wall.



Recheck RI in same direction with same amount of pressure. If tender point has turned down or off completely, stay in position for 90 seconds without moving. Do not remove finger from tender point but stop pressing. Recheck tender point every 30-45 seconds. Slowly return to neutral. Recheck tender point.