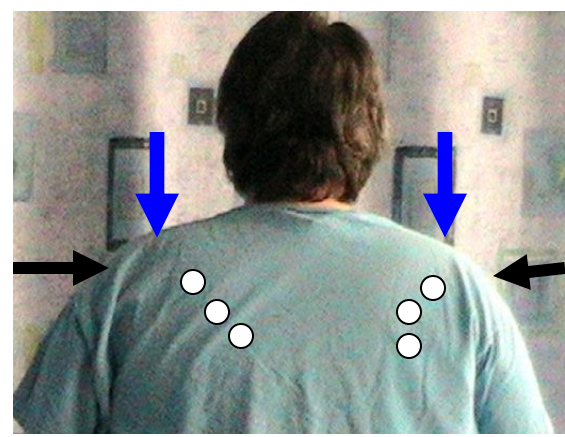


Releasing Joint Restrictions:

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Shoulder Blade Back (SBB)

For: Neck, upper back, rib, and shoulder pain



2X/day check shoulder blade. Treat worst points first.

Restriction Indicator (RI): :

Pushing on the shoulder blade toward the front of the body-look throughout the entire shoulder blade. Or Top back of the shoulder out toward the tip of the shoulder, in a soft divot near the end of the shoulder. Push down toward hip. With the arm out 90 degrees from the shoulder so the outer shoulder muscle is relaxed-poke in at the tip of the shoulder, in a soft divot pushing under the bone. Push in toward the ribs.

Movement Combination: Put arm out to the side with elbow bent and hand above the elbow. “Statue of Liberty” position.



Recheck RI in same direction with same amount of pressure. Find position of the arm that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Do not remove finger from tender point but stop pressing. Recheck RI every 30-45 seconds-if RI not released, try slightly different position and restart the clock for 90 more seconds. Slowly return to neutral and recheck RI.