

Restriction Release: ©Lorraine Lovejoy-Evans, PT, DPT

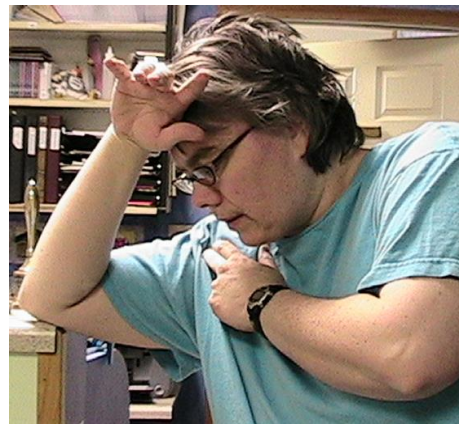
Shoulder Ball Front (SBF] #16

For: Rib pain and shoulder pain

2X/day check both right and left shoulders.. Treat worst points first

Restriction Indicator (RI): :

At the front of the shoulder at the center of the ball pushing toward the back onto the biceps tendon. May feel the groove that the biceps tendon lays in.



Movement Combination: Put back of the hand on the forehead with the elbow resting on a pillow. “Woe is me” position

Alternate Movement Combination: Sit or stand with elbow propped on wall and put hand on back of head or on shoulder blade on back of body (photo does not show this)

Recheck RI in same direction with same amount of pressure. Find position of the head that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with 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.