

## Releasing Joint Restrictions: ©Lorraine Lovejoy-Evans, MPT, DPT

### BACK Ribs [BR]

For: Shoulder or shoulder blade pain; rib pain with blowing air out forcefully (breathing in is not a problem).

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

#### **Restriction Indicator:**

Under shoulder blade on rib – to find- place same hand on opposite shoulder to move shoulder blade to side.

Have someone push on ribs at back - under shoulder blade toward spine.



#### **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 leg of RI side away from wall backward of other foot a few feet, lean backwards from hips, upper back and neck, put hands on wall for safety and look away and lean away from RI rib.

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.

