

Restriction Release:

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Neck Back [NB]

For: Headache, Upper back, Neck, shoulder and rib pain

2X/day check the back of the neck in the specific places noted below. Treat worst points first. Keep tender point turned off to achieve long-term control of symptoms.

Tender Point:

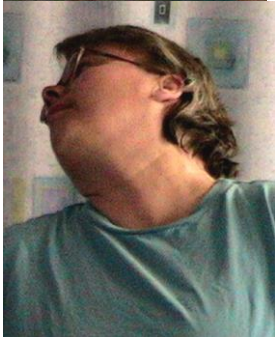
Poke on bumps down center of spine on back of neck to find sorest spot. 5 possible tender points each bone:

- 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.



Treatment Position:

1. Jut chin toward ceiling arching neck-
2. Turn chin away.
3. Tilt Ear away from tender point.



Alternate Treatment Position:

1. Sitting lean head back just to level of point
2. Tilt ear away from sore side
3. Turn face away from sore side.

Recheck RI in same direction with same amount of pressure. Find position of the knee 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.