

Releasing Joint Restrictions

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Shoulder Top (ST)-#18

For: Headache, neck, upper back, rib, and shoulder pain

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

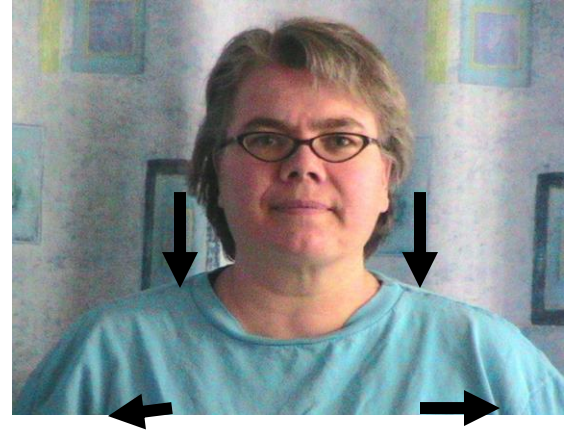
Restriction Indicator (RI): :

Push on top of shoulder – 2" away from bottom of neck toward tip of shoulder.

Push straight down toward foot.

Should feel firm bone.

On the upper arm close to the armpit pushing on the arm bone.



Movement Combination:

1. Put tender side elbow on folded towel on table or chair back. Or Put forearm on thigh.
2. Turn chin toward tender point.
3. Push down on elbow to raise shoulder blade up – let body sink down below shoulder.
4. Or **tilt head toward sore side and rest forearm on top of head.**

Alternate Movement Combination: (lay on bed)

- 1..Bring ear toward tender point slightly.
2. Bring shoulder up toward tender point strongly.
3. Turn chin toward tender point
4. **Partner can either: push up on bent elbow; or raise arm above head and gently pull arm toward pillow under head, not toward ceiling.

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