

## **Restriction Release:**

©Lorraine Lovejoy-Evans, MPT, DPT

Neck Throat Behind Trachea [NTBT]

**For: Upper back, Neck, Sore Throat pain**

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

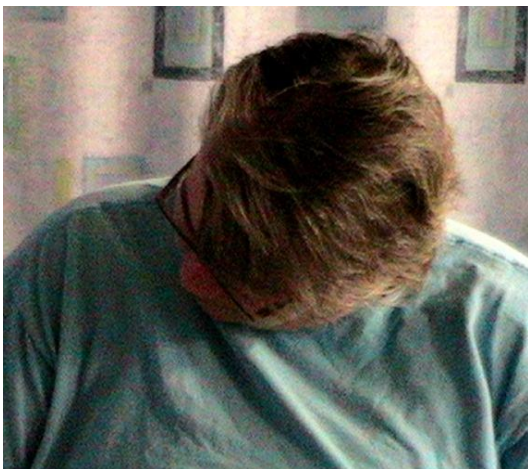
### **Restriction Indicator:**

On front of neck at side of trachea. Gently slide trachea toward side and the push on front of neck bone toward the back.



### **Movement Combination**

1. Lay on back using 2 pillows to really bring chin toward chest.
2. Bring ear toward tender point slightly (if right ear toward right shoulder).
3. Turn chin away from RI slightly



### **Alternate Movement Combination:**

1. Sitting drop chin toward chest.
2. Bring ear toward tender spot.
3. Turn chin away from tender spot

### **Alternate Movement Combination:**

1. Sitting, pull head backwards on neck, as if trying to make a double chin.
2. Drop chin forward toward chest

3. Bring ear toward sore side and chin turned away slightly. (Chin should be trying to touch the inside of the collar bone opposite from the tender point).

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. Maintain contact with tender point but stop pressing. Slowly return to neutral and recheck RI.