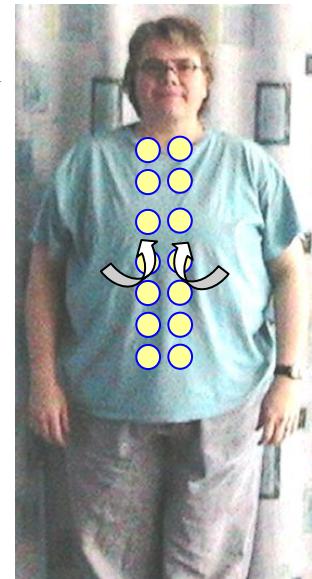


Releasing Joint Restrictions ©Lorraine Lovejoy-Evans, MPT, DPT

Front spine

For: Neck, back or shoulder pain especially while straight (standing or walking) and rib/chest pain during inhalation

Perform twice daily; checking for the RI and if found to be tender use movement combination to turn off RI. If unable to locate an RI and you still have discomfort try position anyway.



Restriction Indicator:

While straight in standing or lying down push in each side of abdomen:

- 1" to each side of the belly button
- Check every 1" moving up to collar bone
- Under breast bone dig under rib cage lifting toward shoulder

Treatment-Movement Combination:

1. In sitting, bring Elbow of RI side toward the inside of the knee/calf of RI side. (May need elbow on outside of knee)
2. Turn face away from RI looking toward opposite side.
3. Tuck chin toward chest.
4. If needed, try standing with foot of RI side on chair with same elbow reaching toward inside ankle of RI side and looking away.
5. If farther up toward neck will need more head and neck motions.



Alternate Movement Combination:



1. Lay on back knees bent
2. Pillows under shoulders
3. Walk feet toward RI
4. Bring shoulder and ear toward RI
4. Turn chin away from RI
5. Bring arm of RI side toward opposite hip
6. Drop knees away from RI (on pillow if needed)

Recheck RI in same direction with same amount of pressure. Continue to make small movement changes and check the RI after each movement change until you find a position where the RI is not tender. Once RI has turned down or off completely, stay in position for 90 seconds without moving. Slowly return to neutral. Recheck tender point. If you are unable to locate an RI try the position anyway for 90 seconds to each side. Pay attention after this technique in any change to symptoms. Use it as often as needed to keep symptoms under control.