

Releasing Joint Restrictions:

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Shoulder Back Joint (SBJ)

For: Neck, upper back, rib, and shoulder pain

2X/day check shoulder blade. Treat worst points first.



Restriction Indicator (RI): :

At back of shoulder where shoulder blade meets the collar bone, pushing toward front of shoulder.



Movement Combination:

Pull hand/arm across back of body at approximately 30° angle.



Alternative Movement combination:

Hold onto something solid like edge of sink) and lean away from hand or try elbow against something solid and turn body away from tender spot toward opposite hip.

Alternative Movement Combination: Lean head back and turn head away from tender side.

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