

# Releasing Joint Restrictions: ©Lorraine Lovejoy-Evans, DPT

## Ribs

For: Back, neck, and shoulder pain while straight or walking; Rib pain especially while breathing in; difficulty wearing a bra due to rib pain

2x/day check RI on both right and left sides. Treat worst RI first.

## Restriction Indicator (RI) Check both sides:

- Rib cage each rib:
  - Side of rib cage along shirt seam
  - Along front of rib from mid nipple to side of trunk

## Treatment Movement Combination:

1. Sit on couch or bed drop elbow to side, rest upper body on forearm toward RI.
2. Find best position of forearm-out to the side or closer to thigh.
3. Find best position of head/shoulders turning toward RI/hip-**nose toward hip.**
4. Try foot on chair, turning and tilting toward RI.
5. If up on higher ribs use the neck and head motions down toward hip.



## Alternate Movement Combination:

1. Lay on same side as RI with shoulders toward middle of bed.
  2. Curl into ball, bring knees up toward chest
  3. Reach top arm and turn face toward the RI toward floor
  4. Drop feet off bed. (May keep knees on bed).
- Keep body weight toward middle of bed so you do not roll off bed.



## Alternate Movement Combination:

1. Lay on back with knees bent, pillows under shoulders.
2. Walk feet toward RI.
3. Bring shoulder & ear toward RI.
4. Turn chin toward RI.
5. Bring arms toward RI.
6. Drop bent knees toward RI.



Recheck RI in same direction with same amount of pressure if able-if you are unable to maintain contact with RI and get into position-do the movement combination for 90 seconds and recheck-if it is still tender changing the position i.e. bring knees closer to chest and repeat-find best position and use this. If able to maintain contact with RI check it after each movement change until you find the right position that the RI has turned down or off completely. Now stay in position for 90 seconds without moving. Maintain contact with RI but stop pressing. Recheck RI every 30-45 seconds-if no improvement change positions until RI reduced and restart clock for 90 seconds. Slowly return to neutral. Recheck RI with legs flat or in standing. If unable to locate an RI try position for 90 seconds to each side. Note any changes in symptoms such as rib pain or ability to take a deep breath. Use this as often as needed to keep symptoms controlled.