

Releasing Joint Restrictions:

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Collar Bone Underneath (CBU)

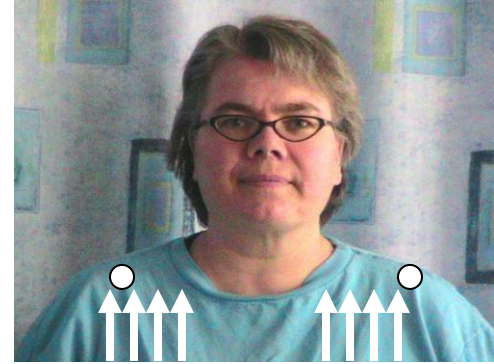
For: Neck, upper back, rib, and shoulder pain

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

Restriction Indicator (RI):

At front under collar bone all along the bone.

Push from ribs up toward shoulder-as if trying to lift body up by collar bone. Or at very end of collar bone at front of shoulder pushing toward the back.



Movement Combination: In Sitting bring chin toward chest, tilt ear toward RI, turn face away or toward RI.

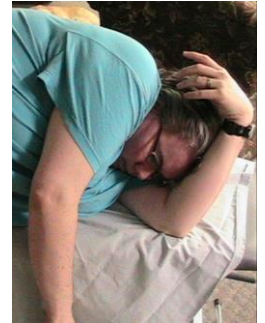


Alternate Movement Combination:

In Sitting, bring hand across body and try to get it trapped under opposite hip or between couch arm and side of leg. Turn upper body toward the RI. Arm across body at approximately 30° angle.

Alternate Movement Combination:

Lay on side to put tender arm toward ceiling. Let tender arm come off bed in front of body. Tilt upper body forward to get arm to hang across body. Keep knees bent to stabilize lower body from falling.



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