

youtube Video Link:

[http://www.youtube.com/watch?v=exn7eJt\\_gRI](http://www.youtube.com/watch?v=exn7eJt_gRI)

If video does not immediately start press F5

OMT Group



## OMT for Segmental Diagnosis

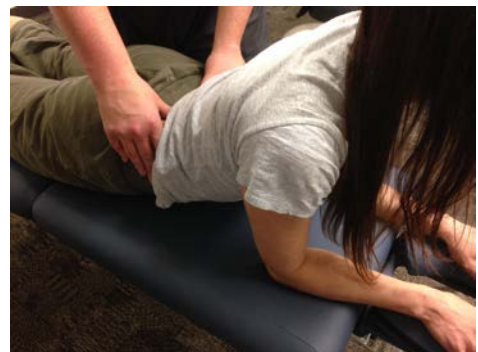
Segmental Diagnosis makes several assumptions based on long standing OMT conventions:

- 1) All segments are named in EASE (the way the segment wants to go). So if a segment is rotated left that means that its body is turning toward the left
- 2) All segments are named in several planes of motion- Flexion/Extension, Rotation (right or left), side bending (right or left). These are noted in shorthand in documentation. L4 FRRSR would be L4 flexed, rotated right, and side bent left
- 3) There are these things called Fryette's rules- don't worry too much about them but it states that in the thoracic and lumbar spine if a segment is non-neutral (flexed or extended) then rotation and side bending go the same direction. This is great because if you determine rotation (which is pretty easy- see below) and you do a sphinx test you can infer side bending (which is not so easy to do). I highly recommend you watch the video for an example...
- 4) Unfortunately Fryette's rules do not apply to the cervical region- but luckily side bending is easier in the neck anyway...

Determine Rotation: find the segment you are going to test- remember the top of the ASIS is at L4. Place your thumbs lateral to the spinous process over the later processes. Press down with equal pressure. If one is shallower than the other that means it is rotated that way. i.e. if left thumb is shallower then the segment is rotated Left



Sphinx test: have patient come up on her elbows while monitoring the segment. If the rotation appears to improve (equalizes) then the segment LIKES to be extended and it would be extended. If it got worse it would be flexed and if it did not change it would be neutral. In this case we will say it got better- so the segment is Extended, Rotated Left and by Fryette's rules it would be Side Bent Left. L4 ERLSL



If no change on sphinx test had been noted and it was neutral then rotation and side bending would have been in opposite directions- L4 NRLSR