Thoracics and Ribs Summary

(1) MFR Thoracic Inlet

Figure 8.1: Anterior cervical fascia.

- 1. Engage the anterior cervical fascia. The direction of the applied force is inferior, straight toward the patient's feet. 2. After the release, draw the thumb laterally.

(3) MFR to Sternum

Figure 6.10 Sternum technique

1. Contact the sternum with the heel of your hand on the manubrium and with the fingertips at the xyphosternal junction. Press in the direction shown. 2. Compress the sternum between the heel of your hand and your fingertips by flexing your hand. 3. Balance the sternum in the directions shown.

(4) ST to upper & lower trapezius, levator scapulae, rhomboids

Soft Tissue: Direct. Involves lateral stretching, linear stretching, deep pressure, traction, and/or separation of the muscle origin and insertion while monitoring tissue response and motion changes.

Figure 6.11 Restricted middle rib group technique

Compress the ribs toward the table. Maintain balanced tension until a release is felt.

(2) FPR for elevated first rib

- 1.Stabilize shoulder
- 2. Compress from elbow to first rib articulation with T1 3. Bring in a circular motion to the position of ease and in a fluid motion reverse direction to move through the barrier guiding arm inferiorly

(6) Rib raising



FIGURE 15.13 Skeletal hand contact.



FIGURE 15.14 Patient hand contact.



FIGURE 15.15 Physician and patient positioning.

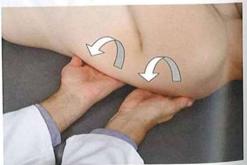


FIGURE 15.16 Step 4, ventral, then lateral pressure.

(5) LAS to middle ribs

