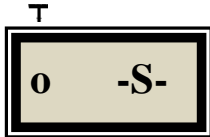


- Anterior Cervical -

- Superficial -

-NMT routines-

Steps



Position> The client is supine. The therapist is at the client's side.

- The SCM should be thoroughly addressed before beginning this treatment.



- 1) **Skin roll** the platysma in all directions.



- 2) **Palpate** the hyoid bone which is approximately 1" above the notch of the thyroid cartilage. Stabilize the hyoid bone by placing the 2nd finger and thumb of the lower hand across the midline onto the lateral surfaces of the hyoid bone.



- 3) With the index finger of the upper hand on the near *superior* lateral aspect, apply **multi-directional friction** to the superior aspect of the hyoid bone. Continue medially on the hyoid bone until the midline is reached.

- This treats the suprahyoid attachments which include hypoglossus, chondroglossus, styloglossus, stylohyoid, mylohyoid, digastricus and geniohyoid.



- 4) With the index finger of the upper hand, apply **medial-lateral** friction to the anterior and inferior aspects of the hyoid bone.

- This treats the infrahyoid muscle attachments which include the sternohyoid, omohyoid and the thyrohyoid muscles.



- 5) With the fingers of the lower hand, stabilize the contralateral side of the thyroid cartilage. With the fingers of the upper hand, apply **multi-directional friction** in 1/2 inch intervals moving inferiorly down the thyroid and cricoid cartilage.



- DO NOT press on the carotid artery which lies lateral to the cartilaginous structures.



- DO NOT press directly on the thyroid gland which lies below the cricoid cartilage. Skin roll over the thyroid gland when extra caution is required.
- This treats a portion of the sternohyoid and omohyoid as well as the attachments of the sternothyroid and thyroid muscles.
- Skin rolling can be used over the thyroid gland.

-Anterior Cervical -

-Superficial-

-NMT routines-

- 6) Position> Support the client's head at a 45 degree angle with a small pillow or rolled towel so that their chin tucks toward their chest.



- 7) Have the client take a deep breath. During inhalation hook the index finger of either hand on the posterior surface of the manubrium. Apply **multi-directional friction** against the posterior surface of the manubrium while the client holds their breath. Continue slightly lateral on to the posterior, medial surface of the clavicle, immediately lateral to the manubrium and repeat the frictioning

- This treats the tendon attachments of the sternohyoid and sternothyroid muscles.

Summary

Position> The client is supine. The therapist is at the client's side.



- 1) platysma



- 2) palpate and stabilize the hyoid



- 3) suprahyoid attachments



- 4) infrahyoid attachments



- 5) attachments of the thyroid and cricoid cartilage



- DO NOT press on the carotid artery



- DO NOT press on the thyroid gland
- skin roll over the thyroid gland when extra caution is required.

Position> Support the client's head with a pillow.



- 6) posterior surface of the manubrium and adjacent clavicle