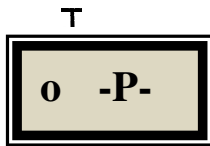


# -Lamina Groove / Interspinous Tissues-

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## Steps

☞ Position> The client is prone with the therapist at shoulder level.

1) Place the small T-bar in the lamina groove at the level at C1. The tip of T-bar should be parallel to the spinal column and contacting the lateral surface of the spinous process. Apply **cranial-caudal friction** into the lamina at C1. Place emphasis in the caudal stroke. Continue in 1" intervals until the coccyx is reached. Stop before treating the coccyx!

- Do not apply pressure on the coccyx!
- Do not apply pressure on the spinous processes!
- The small pressure bar should be lifted and repositioned for each segment. Gliding with the small T-bar can traumatize tendon attachments.
- This treats the tendons of the trapezius, rhomboids, erector spinae, semispinalis cervicis, semispinalis thoracis, splenius capitis, splenius cervicis.

2) Reverse this process by treating from the sacrum to C1 with **cranial caudal friction** placing emphasis on the cranial part of the stroke.

3) Return to the hard, fibrous or tender areas of the spine. Place the small T-bar at a 45 degree angle into the groove and using the flat part of the tip, apply **medial-lateral friction** to the more fibrous tissues in the more difficult to reach areas. A sweeping or scooping motion can be applied.

- This cross fiber treatment will often release more difficult areas which remain chronically fibrous and spastic.

☞ Position> Place the small pressure bar perpendicular to the supraspinous ligament between the atlas and the base of the occiput. Stabilize the tip of the pressure bar between the thumb and index finger of the lower hand. Hold the stem of the pressure bar with the thumb and first two fingers of the lower hand. The small pressure bar should be placed into the intervertebral space at a 45 degree angle so that the tip points superiorly (as the spinous processes point inferiorly).

4) With the small pressure bar, apply **cross-fiber friction** using 4-6 strokes in half inch movements across the soft tissues between the spinous processes. *Continue inferiorly between the spinous processes until the distal end of the sacrum is reached.*

- Do not press on the coccyx!
- Do not apply pressure on the spinous processes!
- This treats the interspinous and supraspinous ligaments.

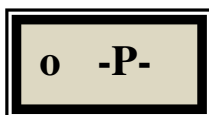
5) Return to the sensitive areas and re-treat with **cross-fiber friction**.

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
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- 6) With the thumbs facing each other and placed just above the superior border of the iliac crest and lateral to the erector spinae, apply **cranial-caudal friction** at a 45 degree angle into the multifidi which lie deep to the erector spinae. Continue superior in 1" segments from the crest of the ilium to the mid-thoracic region.
  - This treats the multifidi.
  - Care should be taken not to compress tissues into the transverse processes of the lumbar vertebrae. The thumbs (or T-bar) should remain superficial to the transverse processes and quadratus lumborum but deep to the erector spinae.


## Summary

👉 Position> Client is prone with therapist at the shoulder level. Small T-bar is just below the occiput and parallel to the spine at a 45 degree angle.

- 1)  C1 through the sacrum, emphasis on caudal stroke

-  Do not apply pressure on spinous processes or coccyx!


-  Do not glide!

- 2)  sacrum to C1, emphasis on cranial stroke

- 3)  hard, fibrous, tender areas


👉 Position> Position the small T-bar between the atlas and occiput. Hold the tip with the lower hand. Stabilize the stem with the upper hand. Point the tip superiorly at 45 degrees.

- 4)  half inch movements from C1 through the sacrum

-  Do not press on coccyx or spinous processes!

- 5)  re-treat sensitive areas

- 6)  multifidi from iliac crest to mid-thoracics

-  Do not press into the transverse processes!