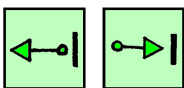
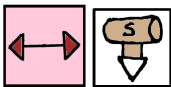
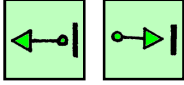
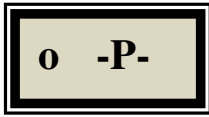


-Posterior Scapula-

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Steps

T



👉 Position> The client is prone with the arm to be treated along the side of their body. The therapist is standing at the head of the table above the shoulder being treated.

1) With the tips of the thumbs pointed toward each other, **glide laterally and medially** in the supraspinous fossa. Apply deep pressure through the trapezius to treat the belly of the supraspinatus. *Repeat 4-6x.*

- Avoid the brachial plexus which is just anterior to the supraspinous fossa.
- This treats the belly of the supraspinatus.

👉 Position> The therapist moves to the side of the table to continue treatment.

2) With the thumb, apply **medial-lateral friction** along the inch or two of the clavicular attachment.

- Do not apply the small T-bar to the clavicular attachment of the trapezius as the brachial plexus passes under this attachment. It is recommended when treating the clavicular attachment in this step and the attachments to the spine of the scapula in the next step that no more pressure than necessary be applied to elicit a mild state of discomfort. The tendons can be extremely tender and the pressure should be applied back and forth and never in a twisting motion.
- This treats the clavicular attachment of trapezius.

3) With the small T-bar just medial to the acromioclavicular joint, and with the flat surface angled against the posterior attachment of the trapezius along the spine of the scapula, apply **medial-lateral friction** in half inch segments. Move medially and continue applying medial lateral friction along the spine of the scapula until the root of the scapular spine, near the medial border is treated.

- This treats the scapular attachment of trapezius.

4) With the beveled tip of the small T-bar between the clavicle and scapula, just medial to the acromioclavicular joint, apply deep **static pressure** straight into the tendon attachments at the supraglenoid tubercle. *Repeat 4-6 times.*

- This treats the tendon of supraspinatus which passes over the supraglenoid tubercle and the tendon of the long head of the biceps which attaches to the supraglenoid tubercle.

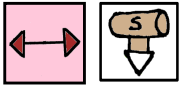
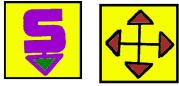
👉 Position> Move the client's arm to hang from the side of the table.

5) With the thumbs, **glide laterally and medially** just inferior to the spine of the scapula. *Repeat 4-6x.* Continue inferiorly in segments until the entire infraspinous fossa is treated.

- This treats the infraspinatus.

-Posterior Scapula-

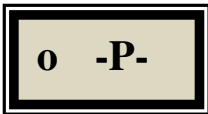
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- 6) With the thumbs, **cross-fiber** the infraspinous fossa in all directions.
- 7) With the thumbs, apply **static pressure** and light **multi-directional friction** to any unreleased areas in the infraspinous fossa.
- 8) Place the small T-bar just posterior to the acromioclavicular joint with the flat surface angled against the inferior aspect of the spine of the scapula. Apply **medial-lateral friction** in half inch segments moving medially along inferior aspect of the scapular spine until the medial scapular border is reached.


Summary

T




- 👉 Position> The client is prone with the arm along side of the body. The therapist is at head of the table above the shoulder.

- 1)  supraspinous fossa 4-6x

-  Avoid the brachial plexus.

- 👉 Position> The therapist moves to the side of the table

- 2)  clavicular attachment of trapezius

-  do not use excessive pressure

- 3)   scapular attachment of trapezius

- 4)   supraglenoid tubercle 4-6x

- 👉 Position> Hang the client's arm off the table.

- 5)  infraspinous fossa 4-6x

- 6)  **infraspinous fossa**

- 7)   unreleased areas of the infraspinous fossa

- 8)   inferior aspect of the scapular spine