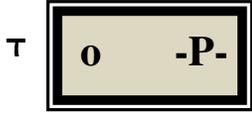


-Rhomboids / Serratus Posterior Superior-

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Steps



☞ Position> The client is prone with the therapist at the head standing contralateral to the side being treated.

1) Beginning at the spinous process of C7, **glide laterally and inferiorly** toward the greater angle of the scapula. Continue inferiorly in strips continuing until the last glide from the spinous process of T5 to the inferior angle of the scapula.

2) Apply **static pressure** to the trigger points along the vertebral border of the scapula.

- light pressure treats the trapezius
- moderate pressure treats the rhomboids
- deep pressure treats the serratus posterior superior and erector spinae

☞ Position> the therapist moves to the treating side of the table

3) **Glide medially and superiorly** in the opposite direction, retreating the belly of the muscle.

☞ Position> Place the client's forearm behind the back to elevate the vertebral border. With the upper hand elevate the head of the humerus while pressing down on the elbow. A rolled towel may be used under the humeral head. This allows access to the deeper scapular attachments.

4) With the fingers, **glide inferiorly** along the medial border of the scapula.

- Glide on the posterior aspect of the medial border to treat the infraspinatus and trapezius
- Glide on the medial aspect of the vertebral border to treat the attachments of the rhomboids
- Glide while hooking the fingers and thumbs on the anterior surface of the vertebral border treat the attachments of the serratus anterior and subscapularis

5) With the posterior aspect of the fingers and knuckles pressing against the subscapular fossa, **glide superiorly**. Begin beneath the inferior angle, under the scapula. Continue superiorly while pressing into the serratus anterior and subscapularis, until the superior angle is reached.

- To address the underlying erector spinae and other tissues that are usually obstructed by the scapula, pressure under the scapula and against the thorax can also be applied.
- Pressure applied through the rhomboids and trapezius treat the tendon attachments of the serratus posterior superior.

6) With the scapula still elevated, **glide inferiorly and superiorly** onto the ribs attachments of serratus posterior superior, deep to the superior angle. Apply light **static pressure** and then **multi-directional friction** to any trigger points in this area.

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Summary

T



👉 Position> The client is prone with the therapist at the head standing contralateral to the treating side



1) C7 to greater angle through T5 to inferior angle

👉 Position> The therapist moves to the treating side



2) TPs and the vertebral border



3) retreat bellies from vertebral border to vertebra (T5-C7)



4) medial border, posterior, medial and anterior aspects



5) subscapularis, erector spinae



6) attachments under scapula