

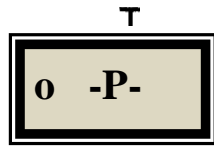
-Quadratus Lumborum-

-Serratus Posterior Inferior- -NMT routines-

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-Quadratus Lumborum-

-Serratus Posterior Inferior- -NMT routines-



Steps

Position> The client is prone with the therapist at the side of the table.



- Check for compression of the quadratus lumborum when standing. The space between the iliac crest and 12th rib should be between 2-3 fingers on men and 3-4 fingers on women.



- 1) With the thumbs pointed toward each other, place them on the lateral inferior surface of the 12th rib. Apply **medial-lateral friction** moving medially in 1" intervals until the insertion of the quadratus lumborum is reached at the head of the 12th rib. Continue this treatment *up to the 9th rib*.



- Work sensitively on the 11th and 12th ribs. Avoid too much pressure which may injure these floating ribs.
- This treats the attachments of quadratus lumborum and serratus posterior inferior.



- 2) With the thumbs at the posterior iliac spine lateral to the erector spinae, **glide superiorly** up to the 12th rib. Continue laterally with 3-4 thumb width strips treating the entire quadratus lumborum.



- 3) With the cranial thumb, **palpate** along the inferior surface of the 12th rib until it is just lateral to the erector spinae. Placing the thumb just lateral to the transverse process of L1.



- 4) With the pad of the cranial thumb pressing down and in, apply **static pressure** for 8-12 seconds at a 45 degree angle to the body. With the thumb still in place, apply **cross fiber friction** to the transverse process. Repeat this for the transverse processes of L2, L3, and L4.

- Do not press on the sharp lateral edge of the transverse process! These bony surfaces are sharp and pressing on them at a 90 degree angle could traumatize tissues.

Position> The therapist turns to face the client's feet placing the fingers on the inferior edge of the 12th rib just lateral to the erector spinae.



- 5) With the thumbs, **glide inferiorly** to the iliac crest. Repeat 3-4x. Continue laterally until the entire muscle is treated.

- Often, pressure in the inferior direction will reveal areas of extreme sensitivity that are not revealed when pressure is applied in the superior direction.



- 6) With the thumbs on the medial iliac crest, apply **medial-lateral friction** in 1" intervals. It may be necessary to move the client onto their side to complete this treatment from PSIS to ASIS.








- This treats the attachments of the erector spinae, quadratus lumborum, latissimus dorsi, internal obliques, external obliques and transverse abdominus.

-Quadratus Lumborum-



-Serratus Posterior Inferior- -NMT routines-

Summary

Position> The client is prone with the therapist at the side of the table.

- 1)  inferior surface of ribs 12-9
-  Work sensitively on floating ribs.
- 2)  iliac crest to 12th rib
- 3)  find transverse of L1
- 4)   transverse of L1-L4
-  Don't press on the sharp edge of the transverse.

Position> The therapist turns to face the feet of the client.

- 5)  12th rib to iliac crest
- 6)  iliac crest