

STRUCTURAL ISSUES

THORACIC OUTLET

- ❖ Contributes to kyphotic "C" posture
- ❖ Depresses the clavicle on the brachial plexus
- ❖ Is weakened in THORACIC OUTLET SYNDROME

PELVIC TILT

- ❖ May contribute to anterior rotation

OTHER STRUCTURAL ISSUES

- ❖ Trigger points near the floating ribs create satellites in the erectors, obliques and quadratus lumborum that restrict lateral flexion to the opposite side. This problem returns quickly after quadratus lumborum and obliques and erectors are treated.
- ❖ May be part of chronic lateral flexion of the spine
- ❖ Contributes to chronic internal rotation of the humerus

IMPAIRED FUNCTION

- ❖ Pain in referral zone after crutches
- ❖ Mid back pain wakes them while sleeping on that side
- ❖ Difficulty wrapping hand around back of head
- ❖ Difficulty straightening arm overhead so that the upper arm presses in the ear
- ❖ Patient is often unaware of impaired function as use is easily avoided
- ❖ Pain patterns from low back muscles are elicited when the client hangs from their arms
- ❖ Difficulty bending to the opposite side
- ❖ (Often missed as the cause)

CAUSES & PERPETUATING FACTORS

- ❖ Repetitive extension with abduction such as pulling lawnmower crank repeatedly or pulling down on vines from trees
- ❖ Crutches
- ❖ Assisting self in getting up
- ❖ Pulling (lawnmower, children)
- ❖ Overstretched (hanging from rope)
- ❖ Tight bra pressing into aggravated trigger points
- ❖ Sleeping on active trigger points

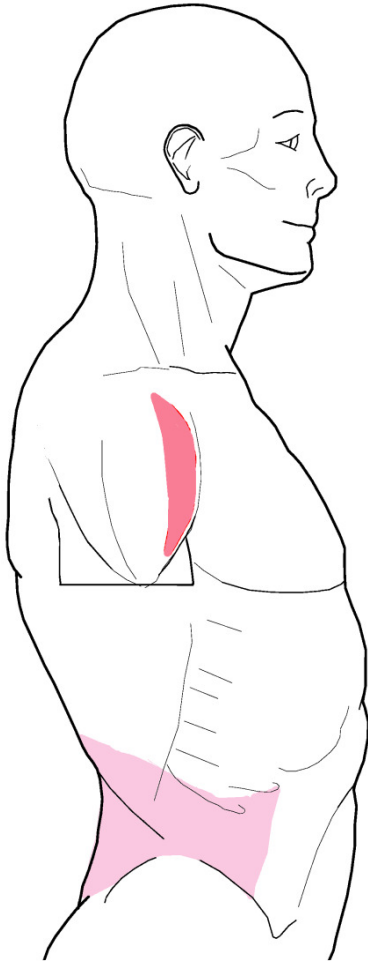
NERVE ENTRAPMENT / COMPRESSION

- ❖ Spinal - C6 C7 C8
- ❖ Plexus - brachial - scalenes, clavicle, subclavius, pectoralis minor
- ❖ Peripheral - thoracodorsal nerve - no noted entrapment

CONTRAINDICATIONS

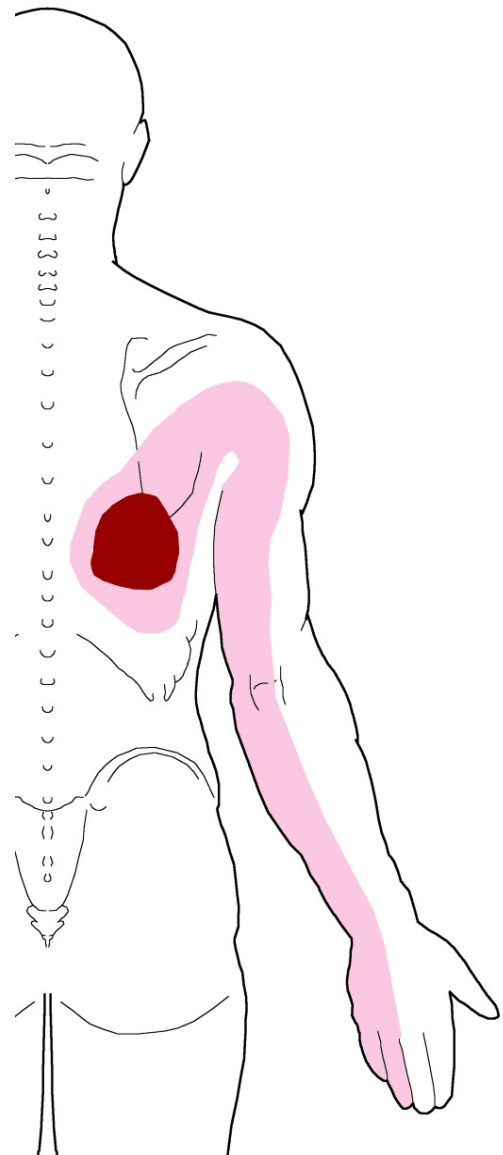
- ❖ See general contraindications

AREAS OF PAIN AND REFERRAL



- ❖ Pain in deltoid (anterior) and lateral obliques associated with tenderness in the muscle fibers that attach to the floating ribs near the lateral angle

This pain pattern can be a key part of releasing the low back. These trigger points lay along the floating ribs where iliocostalis lumborum also has trigger points. Trigger points in this area govern the quadratus lumborum, erectors and lateral abdominals making it difficult to side-bend the trunk contralaterally. The pattern is often overlooked as mild tension compared to the more noticeable patterns in related muscles.



- ❖ Mid thoracic backache, surrounding scapula associated with tenderness in the muscle along the axillary border. Pain may extend along the lateral edge of the scapula, posterior deltoid, triceps, ulnar forearm and ulnar hand.