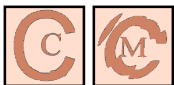
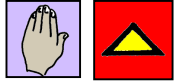
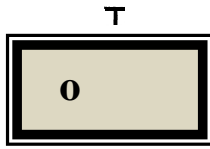



-Rectus Abdominus-

www.thebodyguild.org - Better body care through shared expertise

Steps



 Position> The client is supine with the knees bent. The therapist is standing at the side at hip level.

- Use contrast therapy prior to work.

1) **Palpate** the area about 1" above and below the umbilicus. If a superficial strong pulse is felt, **DO NOT TREAT**. Refer the person for medical examination to screen for a possible aneurysm. If treatment is applied, possible rupture of the aorta and thus **death could occur**.

2) With the thumbs, apply **medial-lateral friction** to the superior attachments of the rectus abdominus at the costal cartilage of the 5th, 6th and 7th ribs and the intercostal spaces between them.

- This treats the origin of the rectus abdominus.

3) Continuing with the thumb and index finger, apply '**C**' **compression** and **manipulation compression** to the umbilicus.

4) With the thumb of the upper hand, anchor the muscle fibers of the upper rectus abdominus by placing the thumb tip against the xiphoid process and the pad of the thumb just under the rib cage. With the slightly flexed fingers of the lower hand pressing into the rectus abdominus, **glide inferiorly** from the anchoring thumb, about 2-3". *Repeat 4-6 times*. Continue the anchor and glide procedure by lifting and re-positioning the anchoring thumb inferiorly on the rectus abdominus in intervals until the pubic symphysis is met.

- This treats the belly of the rectus abdominus.

5) With the index finger just lateral to and parallel with the linea alba, **glide superiorly** from about the midpoint between the pubis and umbilicus by flexing the finger. *Repeat 4-6 times*.

- This treats the pyramidalis more specifically.

6) With the thumb of the medial hand at the xiphoid process, on top of and parallel with the linea alba, anchor the muscle fibers of the rectus abdominus. With the slightly flexed fingers of the lateral hand **glide laterally** from the mid-line across the belly of the muscle. *Repeat 4-6 times*. Continue inferiorly in segments from the xiphoid process to the pubic symphysis.

- This treats the belly of the rectus abdominus.

- Many unreleased areas that would not be felt through the inferior glides will be found in the transverse movements.

 The therapist turns to face the client's feet.


-Rectus Abdominus-



www.thebodyguild.org - Better body care through shared expertise





- 7) With the finger tips facing each other and pressed into the superior aspect of the pubic ridge, apply **cross-fiber friction** in 1" intervals on attachments on the pubis.
- It is advisable to explain what you are doing and why when treating pubic attachments.
 - Do not treat laterally onto the inguinal ligament.
 - This treats the insertion of the rectus abdominus and pyramidalis.

Summary

 Position> The client is supine with the knees bent. The therapist is at the side at hip level.


- 1)   palpate for an possible aneurysm. If found DO NOT TREAT.

- 2)  superior attachments on the 5th, 6th and 7th ribs

- 3)   umbilicus


- 4)  anchored glides from the xiphoid to the pubic ridge 4-6x

- 5)  treat pyramidalis with the index finger 4-6x

- 6)  re-treat the belly with transverse anchored glides 4-6x

 Position> The therapist turns to face the client's feet.

- 7)  inferior attachments on the pubic ridge

-  do not treat onto the inguinal ligament