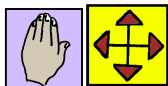
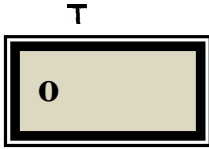


# -Triceps /Anconeus-

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## Steps



🖐 Position> The client is prone with the upper arm perpendicular to the table. The forearm is hanging down off the table. The therapist is at the side of the table at shoulder level.

1) With the thumbs, **glide proximally** from the lateral epicondyle to the head of the humerus. *Repeat 4-6x. Continue medially.*

- This treats the lateral head and the inferior lateral portion of the medial head of the triceps.

- **Deeper pressure** over the middle portion treats the medial head of the triceps.

- If an electric-like shock is felt down the arm, decrease gliding pressure. The radial nerve lies deep to the lateral and medial heads. Excessive pressure can traumatize the nerve.

2) With the thumbs, **glide proximally** from the medial epicondyle of the humerus to the origin on the infraglenoid tubercle of the scapula. *Repeat 4-6 times.*

- This treats the inferior, medial portion of the medial head and the long head of the triceps.

🖐 Position> To locate the origin of the triceps tendon, the therapist places their leg lateral to the client's forearm. The client extends elbow by pressing against the therapist's leg, this tightens the triceps so that the tendon of the long head is easily palpated by the therapist with a cross-fiber motion.

- Glide with and against the fiber, insuring that the thumbs go under the deltoid.

3) **Palpate** the triceps' attachment at the infraglenoid tubercle on the lateral border of the scapula. With the thumbs, apply **multi-directional friction**.

- This treats the origin of the long head of the triceps.

4) With the small T-bar, apply **medial-lateral friction** with a scooping motion to the triceps tendon insertion on the proximal, posterior aspect of the olecranon process.

- This treats the triceps insertion.

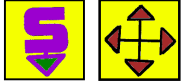
# -Triceps /Anconeus-

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- 👉 Position> Place the client's elbow in a flexed position with the lower arm hanging off the side of the table during treatment. Ask the client to flex the elbow so that the forearm is held in and against the table during treatment.



- 5) With the thumbs tips, **glide proximally** from the lateral side of the olecranon and the posterior surface of the proximal ulna to the lateral epicondyle of the humerus. *Repeat 4-6x.*



- 6) Apply **static pressure** and **multi-directional friction** to any unreleased areas in the anconeus.

- The client relaxes the anconeus by flexing the elbow (reciprocal inhibition).
- This treat the anconeus.

## Summary

- 👉 Position> The client is prone with the arm hanging off the table. The therapist is at the elbow.



- 1) lateral aspect of the triceps. 4-6x



- beware of radial nerve entrapment.



- 2) medial aspect of the triceps. 4-6x.

- 👉 Position> locate the origin of the triceps tendon,



- 3) attachment of long head on the scapula



- 4) triceps tendon at the olecranon process

- 👉 Position> Hang the client's forearm off the table with the elbow flexed.



- 5) anconeus 4-6x



- 6) unreleased areas of the anconeus