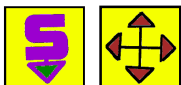
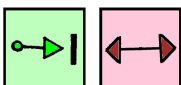
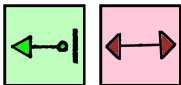
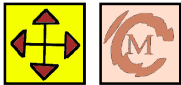
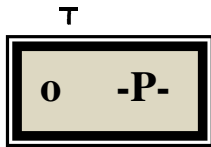


-Deltoid-

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Steps



Position> The client is in the prone position with the treated arm off the side of the table. The client's body is slightly off center of the table so that the arm to be treated is fully supported. The therapist is at shoulder level.

1) Apply **manipulation compression** to the posterior and lateral heads in intervals, starting at the deltoid tuberosity, moving toward the proximal attachments.

2) Apply **multi-directional friction** and **manipulation compression** to the deltoid tuberosity.

- Avoid the tuberosity if it is inflamed.

Position> Move the hands of the client up onto the face cradle so the anterior head is relaxed and exposed.

3) Apply **manipulation compression** to the anterior head of the deltoid in intervals, starting at the deltoid tuberosity, moving toward the origin. *Repeat 4-6 times.*

4) Stabilize the thumbs on the acromion of the scapula and with the finger tips of both hands, hook over and onto the inferior aspect of the clavicle, **glide laterally** while scooping under the lateral third of the clavicle. *Repeat 4-6 times.* Apply **medial-lateral friction** to treat any unreleased areas.

- This treats the anterior origins of the deltoid.

5) With the thumb tips facing each other on the inferior aspect of the lateral tip of the acromion, **glide medially** on the inferior aspect of the acromion and along the spine of the scapula. *Repeat 4-6 times.* Apply **medial-lateral friction** to treat any unreleased areas.

- This treats the posterior origins of the deltoid.

Position> Move the client's arm to hang off the side of the table.

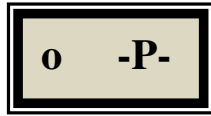
6) With the thumbs, **glide superiorly** along the posterior head of the deltoid, from the deltoid tuberosity to the origin on the medial spine of the scapula. Separate the fibers of the muscle while gliding. Continue, starting each stroke at the deltoid tuberosity, moving laterally and anteriorly through the muscle until the entire deltoid is treated.

7) Apply **static pressure** and **multi-directional friction** to any unreleased areas.

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Summary

👉 Position> The client is in the prone position with the treated arm off the side of the table. The therapist is at shoulder level.



1)  posterior and lateral heads

2)   deltoid tuberosity

•  Avoid tuberosity if inflamed

👉 Position> Move the client's hands onto face cradle

3)  anterior head 4-6x

4)   anterior origins 4-6x

5)   posterior origins 4-6x

👉 Position> Move the client's arm off the table.

6)  separate fibers, treat TPs

7)   unreleased areas