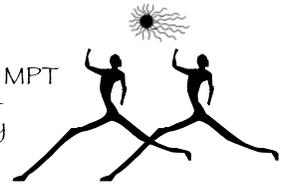


ACTIVE LIFE HANDOUT

Leslie M. Wallace MS MPT

Active Life Physical Therapy



1034 Lawrence St. • Eugene, OR 97401 • 541.284.2084
<http://activelife-health.com/>

FIRST RIB ADJUSTMENT

Self mobilization of the first rib

To figure out if you do have a first rib problem, palpate (feel) your upper shoulder on the side you have pain, between the top part of your shoulder joint and your neck. If your first rib is “off” it should feel hard, almost like a knot. Then, feel just inside of your collar bone, again on the side of pain. It should feel a little deeper than the opposite side, and will probably be painful. If you have these findings, do the following.

1. Place the hand of the effected side against your forehead (on the same side).
2. Take a deep breath.
3. While holding that breath, attempt to move your chin towards your armpit (all on the same side).
Using your hand against your head, resist this movement (do not let your head move).
Use about 1 pound of force (it's not much!)
4. Count to 10. Exhale and relax.

Repeat the sequence 1-4 after having let your head relax down a little bit towards your armpit.
(it will have moved maybe 3” or so). NO PAIN.

After repeating 1-2 times, bring your head to neutral and stretch your arm up above your head...
hold for 4 deep breaths.

Relax.

If this does not decrease the pain on the side of your arm/neck, come in and see me and get treated.