



Manual Therapy for the Cervicothoracic and Thoracic Spine: A Skills Session Part 2

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CT JUNCTION MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/CTJManip/CTJManip.html>

CT Junction Technique

- Patient prone
- Turn head in direction of rotation for manipulation (e.g. left rotation for left C7-T1; from below)
- Place hypo-thenar eminence, thumb, or 2nd MCP through trapezius tissue alongside the spinous process of T1
- Position head/neck in extension, as needed to preposition
- Prime joint 3-4X
- On exhalation perform a thrust through arm on thoracic spine horizontal to table and towards opposite shoulder while stabilizing head/neck in position with opposite hand
- Variation: If hypermobile, add a towel under head for increased SB

SEATED UPPER THORACIC MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/ThoracicManip/ThoracicManip.html>

Seated Upper Thoracic Technique

- Patient seated facing away from PT and at edge of table
- Therapist stand behind patient in stride stance
- Position patient arms in flexion and external rotation with hands behind neck or head
- Preposition by patient slouch back into PTs chest (can use towel roll)
- Therapist holds forearms or brachium of patient and positions into slight flexion with upper thoracic segments vertical to ground
- On exhalation perform a thrust through chest in vertical and slightly ventral direction

RIB MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/RibManip/RibManip.html>

Rib Technique

- Patient supine
- Roll patient towards you
- Place hypo-thenar eminence just lateral to TP of desired rib
- Roll patient back so they are one quarter turn from supine
- Rotate head to the side of the rib you are manipulating
- On exhalation perform a thrust through the patients arm towards your bottom hand while simultaneously supinating your bottom hand to perform a thrust on the rib
- Variation: If hypermobile add in trunk SB

TL JUNCTION MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/TLManip/TLManip.html>

TL Junction Technique

- Patient is seated straddling the table with buttocks against the edge
- Patient crosses arms
- PT stands behind patient and places one arm in between patients stacked arms to grasp opposite shoulder
- PT places thenar eminence just lateral to spinous process opposite direction manipulation
- PT performs passive trunk rotation with both hands to take up ROM
- Thrust is an HVLA “whip” of the body applied with thenar eminence into the direction of trunk rotation
- Perform 2-3 pre-manipulative subthreshold thrusts
- Variation: can add slight trunk flexion or extension

LUMBAR MANIPULATION

<http://dptweb.campbell.edu/NCPTA18/LumbarManip/LumbarManip.html>

Lumbar Technique

- Patient side-lying near the edge of the table
- Position the patient in slight lumbar extension to the target segment
- Using arm apply passive rotation through the target segment
- Patient places hands on elbows
- PT threads superior arm between patient's arms and chest
- PT lifts top LE while patient straightens bottom
- PT places top LE into figure-4 position
- PT places inferior forearm horizontally in groove between iliac crest and greater trochanter
- PT "log rolls" the patient towards edge of table
- PT applies rotational moment through inferior forearm to patient's pelvis
- Thrust is applied down to the floor or in a rotational direction
- Perform 2-3 pre-manipulative subthreshold thrusts
- Variation: position in flexion or extension
