

CURRICULUM / CONTENT

Scientific Osteopathic Approach To Patients With Cervical Pain

General Approach To Patients With Cervical Pain

- 1. Introduction and first differentiation**
- 2. Pain generators**
- 3. This first differentiation is done by**
- 4. Osteopathic principles**
- 5. Clinical and osteopathic reasoning**
- 6. Case history**
- 7. Acute or chronic**
- 8. Specific tests**
- 9. Somatic dysfunction**

Chapter 1: The Cervical Spine

- 1. First differentiation**
- 2. Biomechanics**
 - 2.1. Normal Position of the Cervical Spine
 - 2.2. General Bony Anatomy and Joints
 - 2.3. Normal Motion
 - 2.4. Different Levels and Joints
 - 2.4.1. Level Occiput – Atlas
 - 2.4.2. Level Atlas – Axis
 - 2.4.3. Craniocervical Junction Abnormalities
 - 2.4.4. Level C₂₋₇
 - 2.4.5. The Cervicothoracic Junction
 - 2.5. Normal Biomechanics
 - 2.5.1. The Occiput-Atlas-Axis Complex (OAA)
 - 2.5.1.1. Flexion and Extension
 - 2.5.1.2. Sidebending
 - 2.5.1.3. Rotation
 - 2.5.2. C₂₋₇
 - 2.5.2.1. Flexion
 - 2.5.2.2. Extension
 - 2.5.2.3. Sidebending
 - 2.5.2.4. C₂₋₃

2.6. The Cervical Spine in Children

3. Lesional Mechanics

- 3.1. Compression lesion of the occiput-atlas-axis complex (oaa)
- 3.2. Occiput lesion in flexion
- 3.3. Occiput lesion in extension
- 3.4. Occiput lesion in es_{lr}
- 3.5. Occiput lesion in fs_{lr}
- 3.6. Occiput lesion in right shift (or atlas in left shift versus the occiput)
- 3.7. Atlas lesion in r_l
- 3.8. C_{3-7} lesion in ers_r
- 3.9. C_{3-7} lesion in frs_r
- 3.10. Lesion c_2 in sr_r

4. Cervical Pain

- 4.1. General
- 4.2. Possible Causes of Cervical Pain
 - 4.2.1. Degenerative Diseases
 - 4.2.1.1. Cervical Canal Stenosis
 - 4.2.1.2. Rheumatoid Arthritis (RA)
 - 4.2.1.3. Cervical Arthritis
 - 4.2.1.4. Esophageal Compression in Osteoarthritis
 - 4.2.1.5. Cranial or Upward Odontoid Migration
 - 4.2.2. Vertebral Artery Pathology
 - 4.2.3. Lymph Nodes
 - 4.2.4. Brachial Plexus Overstretch or Compression
 - 4.2.5. Cervical Herpes Zoster
 - 4.2.6. Occipital Neuralgia
 - 4.2.7. Glossopharyngeal Neuralgia
 - 4.2.8. Cervical Radiculopathy
 - 4.2.9. Cervicobrachial Neuralgia
 - 4.2.10. Cervical Rib Syndrome
 - 4.2.11. Whiplash
 - 4.2.12. Atlantoaxial Instability
 - 4.2.13. Pseudo Subluxation of the Cervical Spine
 - 4.2.14. Spinal Cord Injury Without Radiographic Abnormality (SCIWORA)
 - 4.2.15. Cervical Posture
 - 4.2.16. Upper Cross Syndrome
 - 4.2.17. Cervical Extension Syndrome
 - 4.2.18. Cervical Spine in Children
 - 4.2.19. Atlantoaxial Rotatory Subluxation

- 4.2.20. Torticollis
- 4.2.21. Adult-Onset Idiopathic Torticollis (Cervical Dystonia)
- 4.2.22. KISS Syndrome
- 4.2.23. Trigger Points in Muscles
- 4.2.24. Muscle Stiffness and Tightness
- 4.2.25. Meniscoids
- 4.2.26. Cervicogenic Dizziness
- 4.2.27. Orthostatic Hypotension (Postural Hypotension)
- 4.2.28. Vasovagal Syncope
- 4.2.29. Cervicogenic Headache
- 4.2.30. Dura Mater Involvement
- 4.2.31. Spinal Cord Compression and Tension
- 4.2.32. Neck Lumps
- 4.2.33. Red Flags in Cervical Pain - Summary

5. Assessment

5.1. Palpation

5.1.1. General

5.1.2. Skin

5.1.2.1. Dermatomes

5.1.2.2. Area Nervina

5.1.2.3. Sensibility Test

5.1.2.4. Lumps in the Neck

5.1.3. Bone

5.1.3.1. Bony Landmarks

5.1.4. Joints

5.1.5. Ligaments

5.1.6. Muscles

5.1.6.1. Muscles

5.1.6.2. Myotomes

5.1.7. Viscera

5.1.8. Vascular

5.1.8.1. Veins, Arteries and Lymph Nodes

5.1.8.2. Compliance and Elasticity of Blood Vessels

5.1.8.3. Palpation of Carotid Artery Pulse

5.1.8.4. Venous Observation

5.1.9. Nerves

- 5.1.9.1. Nerves
- 5.1.9.2. Reflexes
- 5.1.9.3. Angiotomes
- 5.1.9.4. Viscerotomes
- 5.1.10. Fascia
 - 5.1.10.1. Superficial Cervical Fascia
 - 5.1.10.2. Deep Cervical Fascia (Myofascia)
 - 5.1.10.3. Deep Cervical Fascia (Middle Layer)
 - 5.1.10.4. Deep Cervical Fascia (Visceral and Pharyngeal)
 - 5.1.10.5. Deep Cervical Fascia (Vertebral Layer)
 - 5.1.10.6. Deep Cervical Fascia (Alar)
 - 5.1.10.7. Spaces In Between the Cervical Fascia
- 5.1.11. Triangles of the Neck
- 5.2. Provocation and Safety Tests
 - 5.2.1. Neurological
 - 5.2.1.1. Babinski Reflex
 - 5.2.1.2. Test of Hautant
 - 5.2.1.3. Nystagmus Test
 - 5.2.1.4. Provocation of the Superior Cervical Ganglion
 - 5.2.1.5. Provocation of the Stellate Ganglion
 - 5.2.1.6. Observation of a Horner's Syndrome
 - 5.2.1.7. Nerve Root Syndromes
 - 5.2.1.8. Sensibility Testing Upper Extremity
 - 5.2.1.9. Muscle Force Testing
 - 5.2.1.10. O'Donoghue Maneuver
 - 5.2.1.11. Doorbell Sign
 - 5.2.1.12. Rust's Sign
 - 5.2.1.13. Shoulder Depression Test
 - 5.2.1.14. Soto-Hall Test
 - 5.2.1.15. Distraction Test
 - 5.2.1.16. Radicular Compression Test
 - 5.2.1.17. Shoulder Abduction Test
 - 5.2.1.18. Bakody's Sign
 - 5.2.1.19. Cervical Flexion Test
 - 5.2.1.20. Reflexes
 - 5.2.1.20.1. Scapulohumeral Reflex Test (C4-C6)
 - 5.2.1.20.2. Biceps Reflex Test (C₆)

- 5.2.1.20.3. Triceps Reflex Test (C₇)
- 5.2.1.20.4. Radius Reflex Test (C₅)
- 5.2.1.20.5. Finger Flexion Reflex Test (C₆₋₈)
- 5.2.1.20.6. Thumb Reflex Test (C₇₋₈)
- 5.2.1.20.7. Pronation Reflex Test (C₇-T₁)
- 5.2.1.20.8. Hoffmann-Trömmerreflex Test
- 5.2.1.21. Neurological Provocation Tests
 - 5.2.1.21.1. Test of Kemp
 - 5.2.1.21.2. Provocation Median Nerve
 - 5.2.1.21.3. Provocation Median Nerve – Alternative
 - 5.2.1.21.4. Provocation Radial Nerve
 - 5.2.1.21.5. Provocation Ulnar Nerve
- 5.2.2. Vascular Tests
 - 5.2.2.1. De Kleyn-Nieuwenhuysse Test
 - 5.2.2.2. Vertebral Artery Test
 - 5.2.2.3. Traction Test of Occiput
 - 5.2.2.4. Palpation of the Carotid Artery Pulse
 - 5.2.2.5. Observation of the External and Internal Jugular Veins
 - 5.2.2.5.1. Observation of the External Jugular Vein
 - 5.2.2.5.2. Observation of the Internal Jugular Vein
 - 5.2.2.5. Valsalva Maneuver
 - 5.2.2.6. Adson's Test
 - 5.2.2.7. Swallowing Test
- 5.2.3. Mechanical Tests
 - 5.2.3.1. Test of the Transverse Ligament
 - 5.2.3.2. Hypermobility Test
 - 5.2.3.3. Sharp Purser Test
 - 5.2.3.4. Cervical Compression Test (Spurling Test)
 - 5.2.3.5. Stair Step Test
 - 5.2.3.6. Alar Ligaments Stress Test in Sidebending
 - 5.2.3.7. Alar Ligaments Stress Test in Rotation
- 5.3. Differential Test Musculoskeletal – Dura
- 5.4. Mobility Tests
 - 5.4.1. Active Test: Flexion and Extension (All Levels)
 - 5.4.2. Passive Test in Flexion and Extension (Sitting) (All Levels)
 - 5.4.3. Passive Test in Flexion and Extension (Supine) (All Levels)
 - 5.4.4. Passive Rotation Test (All Levels)
 - 5.4.5. Passive Sidebending Test (All Levels)

- 5.4.6. Passive Flexion/Extension Test of the Occiput
- 5.4.7. Passive Sidebending Test of the Occiput
- 5.4.8. Passive Translation Test of the Occiput via the Atlas
- 5.4.9. Passive Rotation Test of the Atlas (Supine)
- 5.4.10. Passive Rotation Test of the Atlas (Sitting)
- 5.4.11. Passive Translation Test of the Atlas
- 5.4.12. Test for Orthostatic Intolerance

6. Techniques

6.1. Mobilizations

- 6.1.1. General
- 6.1.2. Lesion in Extension (All Cervical Levels)
- 6.1.3. Lesion in Flexion (All Cervical Levels)
- 6.1.4. Lesion in Rotation (All Cervical Levels)
- 6.1.5. Lesion in Sidebending (All Cervical Levels)
- 6.1.6. Mobilization of the Ventral Soft Tissues
- 6.1.7. Mobilization of the Cervicothoracic Junction
- 6.1.8. Passive Stretch of the Posterior Neck Muscles
- 6.1.9. Massage and Relaxation of the Suboccipital Muscles
- 6.1.10. Sustained Natural Apophyseal Glide – SNAG

6.2. 'Osteopathic Manipulative Techniques - OMT'

- 6.2.1. General
- 6.2.2. Occiput Lesion in FS_LR_R
- 6.2.3. Occiput Lesion in FS_LR_R – Manipulation via the Atlas
- 6.2.4. Occiput Lesion in ES_LR_R
- 6.2.5. Occiput Lesion in Left Shift
- 6.2.6. Atlas Lesion in Right Rotation
- 6.2.7. Atlas Lesion in Left Shift
- 6.2.8. C₂-C₇ Lesion in FRS_R
- 6.2.9. C₂-C₇ Lesion in ERS_R
- 6.2.10. C₂-C₇ Lesion in FRS_R (Patient Sitting)
- 6.2.11. Atlas Lesion in right Rotation (Patient Sitting)
- 6.2.12. C₂-C₇ Lesion in ERS_R (Patient Sitting)
- 6.2.13. Decompression of an Uncovertebral Joint (Patient Sitting)

6.3. 'Muscle Energy Techniques' (MET)

- 6.3.1. General
- 6.3.2. Occiput Lesion in ES_LR_R
- 6.3.3. Occiput Lesion Bilateral in Flexion

- 6.3.4. Occiput Lesion Bilateral in Extension
- 6.3.5. Atlas Lesion in Left Rotation
- 6.3.6. Lesions in the Region C₂-C₇ in FRS_R
- 6.3.7. Lesions in the Region C₂-C₇ in ERS_R
- 6.4. 'Strain and Counterstrain Techniques' (SCT)
 - 6.4.1. General
 - 6.4.2. C₁ and C₂ Lesion in ERS_L
 - 6.4.3. C₃ and C₄ Lesion in ERS_L
 - 6.4.4. C₅-T₂ Lesion in ERS_L
 - 6.4.5. C₁ Lesion in FRS_L
 - 6.4.6. C₂ Lesion in FRS_L
 - 6.4.7. C₃ and C₄ Lesion in FRS_L
 - 6.4.8. C₅ and C₆ Lesion in FRS_L
 - 6.4.9. C₇ Lesion in FRS_L
 - 6.4.10. C₈ Lesion in FRS_L

7. Osteopathic Treatment

- 7.1. General
- 7.2. Techniques
- 7.3. Mobility
- 7.4. Structure and Function
- 7.5. The Body as a Unit
- 7.6. Autocorrection
- 7.7. Mobility and Stability
 - 7.7.1. Posturology
 - 7.7.1.1. General
 - 7.7.1.2. Horizontal Plane
 - 7.7.1.2.1. Regions where Rotation is Dominant in the Horizontal Plane:
 - 7.7.1.2.2. Presentation
 - 7.7.1.3. Frontal Plane
 - 7.7.1.3.1. Regions where Sidebending is Dominant in the Frontal Plane:
 - 7.7.1.3.2. Presentation
 - 7.7.1.4. Sagittal Plane
 - 7.7.1.4.1. Regions where Flexion/Extension is Dominant in the Sagittal Plane:
 - 7.7.1.4.2. Presentation
 - 7.7.1.5. Cranio-Caudal Component
 - 7.7.1.5.1. Regions where the Cranio-Caudal Component is Dominant:
 - 7.7.2. The Diaphragm
- 7.8. Strategy

- 7.8.1. First Differentiation
- 7.8.2. Local Loss of Mobility
- 7.8.3. Other Qualities of the Neck
- 7.8.4. Dominant Treatment Goals

8. Bibliography

Chapter 1: The Thoracic Spine with Visceral Component

1. First Differentiation

2. Biomechanics of the Thoracic Spine and Ribs

- 2.1. The Thoracic Spine and Some Anatomy
 - 2.1.1. Normal Position of the Thoracic Spine and Ribs
 - 2.1.2. General Bony Anatomy and Joints
 - 2.1.3. Mobility in the Sagittal Plane
 - 2.1.3.1. Neutral Position
 - 2.1.3.2. Flexion
 - 2.1.3.3. Extension
 - 2.1.4. Mobility in the Frontal Plane
 - 2.1.4.1. The Region T₁₋₅
 - 2.1.4.2. The Region T₆₋₁₁
 - 2.1.5. Mobility in the Horizontal Plane
- 2.2. The Ribs
 - 2.2.1. The Costovertebral Mobility
 - 2.2.2. The Costotransverse Mobility
 - 2.2.3. The Chondrosternal Mobility
 - 2.2.4. The Rib Mobility during Respiration
 - 2.2.4.1. Mobility of Rib 1 to Rib 5-6
 - 2.2.4.2. Mobility of Rib 7 to Rib 10
- 2.3. The Thorax
 - 2.3.1. Extension
 - 2.3.2. Flexion
 - 2.3.3. Rotation
 - 2.3.4. Limited Range of Sidebending
 - 2.3.5. Large Range of Sidebending

3. Lesion Mechanics Thoracic Spine and Ribs

3.1. Thoracic Spine

3.1.1. Lesion in Bilateral Extension

3.1.2. Lesion in Bilateral Flexion

3.1.3. Group Lesion T₁₋₅ in NRS_R

3.1.4. Group Lesion T₁₋₅ in ERS_R

3.1.5. Group Lesion T₁₋₅ in FRS_R

3.1.6. Group Lesion T₆₋₁₁ in NS_{RL}

3.1.7. Monolithic Lesion ERS_R

3.1.8. Monolithic Lesion FRS_R

3.1.9. Shift Lesion

3.2. Ribs

3.2.1. Lesion in Inhalation, as a Group or Monolithic

3.2.2. Lesion in Exhalation, as Group or Monolithic

4. Neurology of the Thoracic Spine

4.1. Spinal Root Topography in the Thoracic Spine

4.2. Dermatomes

4.2.1. Area Nervina

4.3. Sclerotomes

4.4. Myotomes

4.5. Reflexes

4.6. General Neurology

4.8. Angiotome

5. Thoracic Pain

5.1. General

5.2. Ankylosing Spondylitis (AS)

5.3. Scheuermann's Disease

5.4. Osteoarthritis

5.5. The Aging Spine

5.6. Degenerative Disc Disease

5.7. Herniated Thoracic Disc

5.8. Facet Joint Arthropathy

5.9. Scoliosis

5.10. Fractures

5.11. Osteomyelitis

5.12. Herpes Zoster or Shingles

5.13. Thoracic Neurofibroma

5.14. Malignant Tumors

5.15. Extradural Hematoma

5.16. Thoracic Spinal Canal Stenosis

- 5.17. Thoracic Postural Pain Syndrome
- 5.18. Hypersensitivity of the Intercostal Nerves Following Injury
- 5.19. Dural Pain
- 5.20. Costochondritis
- 5.21. Slipping Rib Syndrome
- 5.22. Xiphoidalgia Syndrome
- 5.23. Sternalis Syndrome
- 5.24. Bone Pain

6. Assessment of the Thoracic Spine and Ribs

- 6.1. Observation of the Spine and Thorax
 - 6.1.1. Observation in a Standing Position
- 6.2. Palpation of the Thoracic Spine and Ribs
 - 6.2.1. Topography of the Spinal and Transverse Processes
 - 6.2.2. Topography of the Ribs
- 6.3. Active Tests
 - 6.3.1. The Thoracic Spine
 - 6.3.1.1. Active Flexion Test
 - 6.3.1.2. Active Extension Test
 - 6.3.1.3. Active Flexion Test in the Upper Thoracics (with the Head as Lever)
 - 6.3.1.4. Active Extension Test in the Upper Thoracics (with the Head as Lever)
 - 6.3.1.5. Active Sidebending
 - 6.3.1.6. Active Sidebending of the Upper Thoracics (with the Head as Lever)
 - 6.3.1.7. Oscillation Test Sitting
 - 6.3.1.8. Oscillation Test for the Upper Thoracics (with the Head as Lever)
 - 6.3.1.9. Oscillation Test with the Patient Prone
 - 6.3.1.10. Flexion Test
 - 6.3.1.11. Flexion Test for the Upper Thoracics (with the Cervical Spine as the Lever)
 - 6.3.1.12. Extension Test
 - 6.3.1.13. Extension Test for the Upper Thoracics
 - 6.3.1.14. Sidebending Test
 - 6.3.1.15. Sidebending Test for the Upper Thoracics (Lever is the Cervical Spine)
 - 6.3.1.16. Test in Rotation
 - 6.3.2. The Ribs
 - 6.3.2.1. Rotation Test Rib 1 to 10
 - 6.3.2.2. Flexion Test for the First Rib
 - 6.3.2.3. Test of the First Rib in Rotation
 - 6.3.2.4. Test of the First Rib with Respiration

- 6.3.2.5. Test of the Chondrosternal Joints in Rotation
- 6.3.2.6. Direct Test of the Chondrosternal Joints
- 6.3.2.7. Test of the Ribs with Respiration
- 6.3.2.8. Test for Ribs 11 and 12
- 6.3.2.9. Elasticity Test of the Ribs
- 6.3.2.10. Tests of the Sternum
 - 6.3.2.10.1. Manubrium in the Frontal Plane
 - 6.3.2.10.2. Manubrium in the Sagittal Plane
 - 6.3.2.10.3. Manubrium in the Horizontal Plane
 - 6.3.2.10.4. Sternum in the Frontal Plane
 - 6.3.2.10.5. Sternum in the Horizontal Plane
 - 6.3.2.10.6. Sternum in the Sagittal Plane
 - 6.3.2.10.7. Sternum in Craniocaudal Direction

7. Osteopathic Techniques Thoracic Spine and Ribs

7.1. Thoracic Spine

7.1.1. Mobilizations

- 7.1.1.1. General
- 7.1.1.2. Extension Mobilization
- 7.1.1.3. Extension Mobilization – With Knee
- 7.1.1.4. Extension Mobilization
- 7.1.1.5. Sidebending Mobilization Patient Sitting
- 7.1.1.6. Sidebending Mobilization Patient Side Lying
- 7.1.1.7. Rotation Mobilization
- 7.1.1.8. Rotation Mobilization

7.1.2. Osteopathic Manipulative Techniques

- 7.1.2.1. General Approach
- 7.1.2.2. Hand Positions for Thoracic Dog-Techniques
- 7.1.2.3. Lesion in Bilateral Extension
- 7.1.2.4. Lesion in Bilateral Flexion
- 7.1.2.5. Lesion in Bilateral Flexion – Upper Thoracic Region
- 7.1.2.6. Lesion in ERS_R Mid-Thoracic Region
- 7.1.2.7. Lesion in FRS_L – Lower Thoracic Region
- 7.1.2.8. Lesion in ERS_R – Lower Thoracic region
- 7.1.2.9. Lesion C₇ FRS_R – Rotation Dominant
- 7.1.2.10. Lesion C₇ FRS_R – Sidebending Dominant
- 7.1.2.11. Lesion T₁ ERS_R

- 7.1.2.12. Lesion in Bilateral Flexion
- 7.1.2.13. Lesion in Bilateral Extension
- 7.1.2.14. Lesion in FRS_R
- 7.1.2.15. Lesion in ERS_R
- 7.1.2.16. Lesion in NSLR_R
- 7.1.2.17. Manipulation of the Thoracolumbar Junction
- 7.1.2.18. Manipulation of the Thoracolumbar Junction – Alternative Grip
- 7.1.2.19. Manipulation of the Thoracolumbar Junction – Alternative Grip
- 7.1.3. Muscle Energy Techniques (MET)
 - 7.1.3.1. General Approach
 - 7.1.3.2. Lesion in NS_RRL
 - 7.1.3.3. Lesion in FRS_L Upper Thoracic
 - 7.1.3.4. Lesion in FRS_L Mid and Lower Thoracics
 - 7.1.3.5. Lesion in ERS_L
- 7.1.4. Strain and Counterstrain Techniques
 - 7.1.4.1. General
 - 7.1.4.2. T₁ Posterior Right and T₂ Posterior Right
 - 7.1.4.3. T₃₋₅ Posterior Right
 - 7.1.4.4. T₆₋₁₂ Posterior Right
 - 7.1.4.5. T₁ and T₂ Anterior Right
 - 7.1.4.6. T₃₋₆ Anterior Right
 - 7.1.4.7. T₇ and T₈ Anterior Right
 - 7.1.4.8. T₉ Anterior Right
 - 7.1.4.9. T₁₀₋₁₂ Anterior Right
- 7.2. The Ribs
 - 7.2.1. Mobilizations
 - 7.2.1.1. General Mobilization
 - 7.2.1.2. General Mobilization in Rotation
 - 7.2.1.3. Extension Mobilization
 - 7.2.1.4. Mobilization Around the Three Axes: Craniocaudal Axis
 - 7.2.1.5. Mobilization Around the Three Axes: Transverse Axis
 - 7.2.1.6. Mobilization Around the Three Axes: Anteroposterior Axis
 - 7.2.1.7. Mobilization of the Chondrosternal Joints
 - 7.2.1.8. Mobilization of the Chondrosternal Joints – with Lever
 - 7.2.1.9. Recoil Techniques and Mobilizations on the Sternum
 - 7.2.1.9.1. Manubrium Mobilization in the Frontal Plane
 - 7.2.1.9.2. Manubrium Mobilization in the Horizontal Plane

- 7.2.1.9.3. Manubrium Mobilization in the Sagittal Plane
- 7.2.1.9.4. Sternum Mobilization in the Frontal Plane
- 7.2.1.9.5. Sternum Mobilization in the Horizontal Plane
- 7.2.1.9.6. Sternum Mobilization in the Sagittal Plane
- 7.2.1.9.7. Sternum Mobilization in Craniocaudal Direction
- 7.2.1.9.8. Recoil Technique on the Manubrium
- 7.2.1.9.9. Recoil Technique on the Chondrosternal Joints
- 7.2.1.9.10. Recoil on the Manubriosternal Junction
- 7.2.2. Osteopathic Manipulative Techniques - O.M.T.
 - 7.2.2.1. Hand Position
 - 7.2.2.2. Lesion of a Left Rib in Inhalation
 - 7.2.2.3. Lesion of a Right Rib
 - 7.2.2.4. Lesion of the 1st Rib
 - 7.2.2.5. Rib Lesion in Inhalation
 - 7.2.2.6. Lesion of the 11th or 12th Rib
- 7.2.3. Muscle Energy Techniques (M.E.T.)
 - 7.2.3.1. Lesion of the 1st Rib in Exhalation
 - 7.2.3.2. Lesion of the 2nd Rib in Exhalation
 - 7.2.3.3. Lesion of 3rd to 5th Ribs in Exhalation
 - 7.2.3.4. Lesion of the 12th Rib in Exhalation
 - 7.2.3.5. Lesion of 7th to 10th Ribs in Exhalation
 - 7.2.3.6. Lesion of the Lower Ribs in Exhalation
 - 7.2.3.7. Lesion of the 1st Rib in Inhalation
 - 7.2.3.8. Lesion of the 2nd Rib in Inhalation
 - 7.2.3.9. Lesion of the 3rd to 6th Ribs in Inhalation
 - 7.2.3.10. Lesion of the 3rd to 6th Ribs in Inhalation
 - 7.2.3.11. Lesion of the 3rd to 6th Ribs in Inhalation
 - 7.2.3.12. Lesion of the 11th and 12th Ribs in Inhalation
 - 7.2.3.13. Lesion of the Lower Ribs in Inhalation
- 7.2.4. 'Strain and Counterstrain' Techniques
 - 7.2.4.1. 1st Rib in Exhalation
 - 7.2.4.2. 2nd Rib in Exhalation
 - 7.2.4.3. 3rd to 6th Ribs in Exhalation
 - 7.2.4.4. First Rib in Inhalation
 - 7.2.4.5. 2nd to 6th Ribs in Inhalation

8. Visceral Osteopathy

- 8.1. History and Concept
- 8.2. Visceral Mobility
- 8.3. What Influence can Osteopathy have on the Health of Organs?
- 8.4. Limitations
- 8.5. Safety
- 8.6. Scientific Proof

9. Thoracic Organs

- 9.1. The Heart
 - 9.1.1. General Introduction
 - 9.1.2. ANATOMY
 - 9.1.2.1. Topography
 - 9.1.2.2. Fascial and Suspension System
 - 9.1.3. Physiology of the Heart
 - 9.1.3.1. General
 - 9.1.3.2. The Valves
 - 9.1.3.3. Innervation of the Heart
 - 9.1.3.3.2. Autonomic Regulation of the Heart
 - 9.1.3.4. The Electrocardiogram (ECG)
 - 9.1.3.5. Reflexes
 - 9.1.3.5.1. The Bainbridge Reflex
 - 9.1.3.5.2. The Vagal Cardiopulmonary Reflexes
 - 9.1.3.5.3. The Bezold-Jarisch Reflex
 - 9.1.3.5.4. The Trigemino-cardiac Reflex
 - 9.1.3.5.5. The Oculocardiac Reflex (Aschner Reflex)
 - 9.1.3.5.6. The Baroreceptor Reflex
 - 9.1.3.5.7. The Chemoreceptor Reflexes
 - 9.1.3.5.8. After a Myocardial Heart Infarct
 - 9.1.3.5.9. The Exercise Pressor Reflex
 - 9.1.3.5.10. Carotid Sinus Reflex
 - 9.1.3.5.11. Cervical Manipulation
 - 9.1.3.5.12. Spinal Lesions
 - 9.1.3.6. Pain
 - 9.1.3.7. Blood Pressure
 - 9.1.3.7.1. General
 - 9.1.4. Mobility of the Heart
 - 9.1.5. Transport of Oxygen and Carbon Dioxide in Blood
 - 9.1.6. Patient History and Physical Assessment

- 9.1.6.1. Risk Factors
- 9.1.6.2. Coronary Heart Disease (CHD)
- 9.1.6.3. Heart Attack
- 9.1.6.4. Congestive Heart Failure (CHF)
- 9.1.6.5. Arrhythmia
- 9.1.6.6. The Athletic Heart Syndrome
- 9.1.6.7. Congenital Heart Disease (CHD)
- 9.1.6.8. Tetralogy of Fallot (TOF)
- 9.1.6.9. Endocarditis
- 9.1.6.10. Pericarditis
- 9.1.6.11. Pathology of the Valves
- 9.1.6.12. High Blood Pressure (HBP)
- 9.1.6.13. Low Blood Pressure
- 9.1.7. Clinical Assessment
 - 9.1.7.1. Observation
 - 9.1.7.1.1. Tongue Vascularization
 - 9.1.7.1.2. Internal Jugular Vein
 - 9.1.7.1.3. External Jugular Vein
 - 9.1.7.1.4. Coloration of Skin and Lips
 - 9.1.7.2. Palpation
 - 9.1.7.2.1. Palpation of the Carotid Pulse
 - 9.1.7.2.2. Palpation of the Radial Pulse
 - 9.1.7.2.3. Palpation of the Pulse at the Apex of the Heart
 - 9.1.7.3. Auscultation of the Heart Sounds
 - 9.1.7.4. Percussion
 - 9.1.7.5. Body Mass Index (BMI)
 - 9.1.7.6. Specific Tests Related to the Heart Mobility
 - 9.1.7.6.1. Mobility Test of the Lower Ribs in the Frontal Plane
 - 9.1.7.6.2. Mobility Test of the Lower Ribs in the Sagittal Plane
 - 9.1.7.6.3. Mobility Test of the Lower Ribs in the Horizontal Plane
 - 9.1.7.6.4. General Mobility Test of the Heart Region
 - 9.1.7.6.5. Elasticity Test in Anteroposterior Direction
 - 9.1.7.6.6. Test of the Intrathoracic Fascia
 - 9.1.7.6.7. Test of the Diaphragm
- 9.1.8. Osteopathic Techniques
 - 9.1.8.1. Stretch of the Intrathoracic Fascia
 - 9.1.8.2. Stretch of the Left Intrathoracic Fascia

- 9.1.8.3. Thorax Recoil
- 9.1.8.4. Diaphragm Recoil
- 9.1.8.5. Mobilisation of the Intrathoracic Fascia
- 9.1.8.6. Relaxation of the Cardiac Plexus
- 9.1.8.7. Doming Technique
- 9.1.8.8. Doming Technique with Rib Lifting
- 9.1.8.9. Additional Osteopathic Techniques
- 9.1.8.10. Neurolymphatic Reflex Points

9.2. The Lungs

- 9.2.1. Introduction Lungs
- 9.2.2. Basic Anatomy and Physiology of the Lungs
 - 9.2.2.1. General
 - 9.2.2.2. Lobes and Segments
 - 9.2.2.3. Bronchopulmonary Segments
 - 9.2.2.4. Hilus
 - 9.2.2.5. Pleura
 - 9.2.2.6. Specific Ligaments
 - 9.2.2.7. Topography
 - 9.2.2.8. Pressure Gradients
 - 9.2.2.9. Blood and Oxygen Supply of the Lungs
 - 9.2.2.10. Innervation of the Lungs
 - 9.2.2.11. Pain
 - 9.2.2.12. Lung Volume and Capacity
 - 9.2.2.13. Gaseous Exchange
 - 9.2.2.14. Relationship Between Ventilation and Perfusion
 - 9.2.2.15. The Influence of Gravity
 - 9.2.2.16. Endocrine Function
 - 9.2.2.17. Microbiota of the Lungs
- 9.2.3. Mobility of the Lungs
- 9.2.4. Pathology of the Lungs
 - 9.2.4.1. Pulmonary Embolism
 - 9.2.4.2. Pneumothorax
 - 9.2.4.3. Asthma
 - 9.2.4.4. Exercise Induced Bronchoconstriction – EIB (Exercise-induced Asthma)
 - 9.2.4.5. Pulmonary Edema
 - 9.2.4.6. Pneumonia
 - 9.2.4.7. Emphysema

- 9.2.4.8. Atelectasis
- 9.2.4.9. Hyperventilation
- 9.2.4.10. Respiratory Acidosis
- 9.2.4.11. Asbestosis
- 9.2.4.12. Pulmonary Hypertension
- 9.2.4.13. Cystic Fibrosis – CF or Mucoviscidosis
- 9.2.4.14. Bronchitis
- 9.2.4.15. Chronic Obstructive Pulmonary Disease (COPD)
- 9.2.4.16. Tuberculosis (TBC)
- 9.2.4.17. Lung Cancer
- 9.2.4.18. Hypertrophic Pulmonary Osteoarthropathy (HPOA)
- 9.2.4.19. Adhesions
- 9.2.4.20. Median Arcuate Ligament Syndrome (MALS)
- 9.2.4.21. Medication
- 9.2.5. Patient History and Physical Assessment
 - 9.2.5.1. Observation
 - 9.2.5.2. Abnormal Respiration Patterns
 - 9.2.5.3. Palpation for Lymph Nodes
 - 9.2.5.4. Tactile (Vocal) Fremitus
 - 9.2.5.5. Percussion
 - 9.2.5.6. Auscultation
 - 9.2.5.7. Osteopathic Assessment
 - 9.2.5.7.1. Test of the Diaphragm
 - 9.2.5.7.2. Test of the Intrathoracic Fascia
 - 9.2.5.7.3. General Elasticity Test of the Thorax
 - 9.2.5.7.4. General Mobility Tests of the Ribs
 - 9.2.5.7.5. Test for Congestion of the Surrounding Organs
 - 9.2.5.7.6. Test of the Respiration – Patient Prone
 - 9.2.5.7.7. Test of the Lung Stability in the Frontal Plane
 - 9.2.5.7.8. Test of the Lung Stability in the Horizontal Plane
 - 9.2.5.7.9. Test of the Lung Stability in the Sagittal Plane and in Craniocaudal Direction
 - 9.2.5.7.10. Palpation of the Lung Apex
 - 9.2.5.7.11. Mobility Test of the Lung Apex
 - 9.2.5.7.12. Test of the Cervicopleural Ligament, Patient Sitting
 - 9.2.5.7.13. Test of the Cervicopleural Ligament (Suspensory Ligament), Patient Supine
 - 9.2.5.7.14. General Mobility Test of the Upper Ribs in the Frontal Plane

- 9.2.5.7.15. General Mobility Tests of the Upper Ribs in the Sagittal Plane
- 9.2.5.7.16. General Mobility Test of the Upper Ribs in the Horizontal Plane
- 9.2.5.7.17. General Elasticity Test of the Thorax
- 9.2.5.7.18. General Mobility Test of the Lower Ribs in the Frontal Plane
- 9.2.5.7.19. General Mobility Tests of the lower Ribs in the Sagittal Plane
- 9.2.5.7.20. General Mobility Test of the Lower Ribs in the Horizontal Plane
- 9.2.5.7.21. Test of the Mobility of the Horizontal Fissure
- 9.2.5.7.22. Test of the Mobility of the Oblique Fissure

9.2.6. Osteopathic Techniques

9.2.6.1. General Advice

9.2.6.1.1. Oral Hygiene

9.2.6.1.2. Nutrition

9.2.6.2. General Techniques

9.2.6.2.1. Exhalation with Pursed Lips

9.2.6.2.2. Abdominal Respiration

9.2.6.2.3. Deep Inhalation and Coughing

9.2.6.2.4. Postural Drainage, Vibration and Percussion

9.2.6.3. Osteopathic Techniques

9.2.6.3.1. Stretch of the Pleural Dome, the Upper Pleura and the Cervicopleural (Suspensory) Ligament

9.2.6.3.2. Stretch of the Cervicopleural (Suspensory) Ligament

9.2.6.3.3. Stretch of the Pleural Dome, the Cervicopleural Ligament and the Upper Fascia

9.2.6.3.4. Stretch of the Cervicopleural Ligament, Sitting

8.2.6.3.5. Stretch of the Intrathoracic Fascia

9.2.6.3.6. Mobilization of the Horizontal Fissure

9.2.6.3.7. Mobilization of the Oblique Fissure

9.2.6.3.8. Mobilization of the Intrathoracic Fascia

9.2.6.3.9. Stretch of the Intrathoracic Fascia and the Pulmonary Ligaments

9.2.6.3.10. Mobilization of the Upper Ribs in the Frontal Plane

9.2.6.3.11. Mobilization of the Upper Ribs in the Sagittal Plane

9.2.6.3.12. Mobilization of the Upper Ribs in the Horizontal Plane

9.2.6.3.13. Mobilization of the Lower Ribs in the Frontal Plane

9.2.6.3.14. Mobilization of the Lower Ribs in the Sagittal Plane

9.2.6.3.15. Mobilization of the Lower Ribs in the Horizontal Plane

9.2.6.3.16. Neurolymphatic Reflex Points

9.3. The Diaphragm

9.3.1. Introduction

- 9.3.2. Anatomy
- 9.3.3. Innervation
- 9.3.4. Attachments of the Diaphragm
- 9.3.5. Blood Supply
 - 9.3.5.1. Arterial
 - 9.3.5.2. Venous
 - 9.3.5.3. Lymphatics
- 9.3.6. Functions
 - 9.3.6.1. Respiration
 - 9.3.6.2. Core Stability
 - 9.3.6.3. Diaphragm and Posture
- 9.3.7. Pathology
 - 9.3.7.1. Breathing Pattern Disorders (BPD)
 - 9.3.7.2. Diaphragmic Paralysis (Palsy)
 - 9.3.7.3. Eventration
 - 9.3.7.4. Hyperventilation
 - 9.3.7.5. Hernias
 - 9.3.7.6. Diaphragmic Tears (Ruptures)
 - 9.3.7.7. Median Arcuate Ligament Syndrome (MALS)
 - 9.3.7.8. Referred Pain from the Diaphragmic Region
 - 9.3.7.9. Hiccup
 - 9.3.7.10. Side Stitches
 - 9.3.7.11. Diaphragmic Variations
- 9.3.8. Patient History and Physical Assessment
 - 9.3.8.1. Patient History
 - 9.3.8.2. Observation of the Breathing Pattern
 - 9.3.8.3. Observation of the Chest Wall and the Abdomen
 - 9.3.8.4. Palpation of the Diaphragm Attachments, Supine
 - 9.3.8.5. Palpation of the Crura
 - 9.3.8.6. Palpation of the Ventral Muscular Attachments of the Diaphragm
 - 9.3.8.7. Test for Diaphragm Expansion
 - 9.3.8.8. Percussion of the Diaphragmic Border
 - 9.3.8.9. General Test of the Diaphragm
 - 9.3.8.10. Diaphragm Test with Lower Rib Expansion - Sitting
 - 9.3.8.11. Diaphragm Observation and Test Supine
 - 9.3.8.12. Diaphragm Test Supine
 - 9.3.8.13. Intra-Abdominal Pressure Test Supine

- 9.3.8.14. Intra-Abdominal Pressure Test Sitting
- 9.3.8.15. Intra-Abdominal Pressure while Performing Normal Respiration
- 9.3.8.16. Trunk and Neck Flexion Test Supine
- 9.3.8.17. Arm Lifting Test Supine
- 9.3.8.18. Leg Lifting Supine
- 9.3.8.19. Sitting Hip Flexion Test
- 9.3.8.20. Sitting Hip Flexion Test
- 9.3.8.21. Test for the Force of the Diaphragm
- 9.3.8.22. General Test for Resistance and Force of the Diaphragm
- 9.3.8.23. Test of the Respiration, Patient Prone
- 9.3.8.24. Test for Congestion of the Surrounding Organs
- 9.3.8.25. Test of the Intrathoracic Fascia
- 9.3.8.26. Subdiaphragmal Provocation
- 9.3.8.27. General Elasticity Test of the Thorax
- 9.3.8.28. General Mobility Test of the Lower Ribs in the Frontal Plane
- 9.3.8.29. General Mobility Tests of the Lower Ribs in the Sagittal Plane
- 9.3.8.30. General Mobility Test of the Lower Ribs in the Horizontal Plane
- 9.3.9. Osteopathic Techniques
 - 9.3.9.1. Exhalation with Pursed Lips
 - 9.3.9.2. Deep Inhalation and Coughing
 - 9.3.9.3. Abdominal Respiration
 - 9.3.9.4. Postural Drainage, Vibration and Percussion
 - 9.3.9.5. Stretch of the Intrathoracic Fascia
 - 9.3.9.6. Mobilisation of the Lower Ribs in the Frontal Plane
 - 9.3.9.7. Mobilisation of the Lower Ribs in the Sagittal Plane
 - 9.3.9.8. Mobilisation of the Lower Ribs in the Horizontal Plane
 - 9.3.9.9. Strengthening of the Diaphragm
 - 9.3.9.10. Frictions on the Attachments of the Diaphragm
 - 9.3.9.11. Recoil Technique for the Diaphragm
 - 9.3.9.12. Strengthening of the Diaphragm
 - 9.3.9.13. Doming Technique
 - 9.3.9.14. Doming Technique with Rib Lift
 - 9.3.9.15. Relaxation of the Diaphragm
 - 9.3.9.16. General Subdiaphragmal Drainage

9.4. THE THYROID

- 9.4.1. Introduction
- 9.4.2. Anatomy of the Thyroid Gland

- 9.4.2.1. Position and Important Anatomical Data
- 9.4.2.2. Vascularization
 - 9.4.2.2.1. Arterial
 - 9.4.2.2.2. Venous
- 9.4.2.3. Anatomical Fixations of the Thyroid
- 9.4.3. Histology
- 9.4.4. Neurology
- 9.4.5. Physiology and Function
- 9.4.6. Mobility of the Thyroid Gland
- 9.4.7. Pathology
 - 9.4.7.1. Hypothyroidism
 - 9.4.7.2. Hyperthyroidism
 - 9.4.7.3. Mild Forms of Thyroid Conditions
 - 9.4.7.4. Hyperparathyroidism
 - 9.4.7.5. Hypoparathyroidism
- 9.4.8. Symptoms Related to Thyroid Dysfunction
 - 9.4.8.1. Superior Caval Vein Syndrome
 - 9.4.8.2. Psychiatric Disorders
 - 9.4.8.3. Gluten Intolerance (Coeliac Disease)
 - 9.4.8.4. Muscle and Joint Pain
- 9.4.9. Clinical Assessment
 - 9.4.9.1. General Assessment
 - 9.4.9.2. Observation of the Hands
 - 9.4.9.3. Eye Examination
 - 9.4.9.4. Observation of the Anterior Neck
 - 9.4.9.5. Palpation of the Thyroid
 - 9.4.9.6. Auscultation
 - 9.4.9.7. Observation of the Legs
 - 9.4.9.8. Temperature Test
 - 9.4.9.9. Osteopathic Assessment
 - 9.4.9.9.1. The Upper Thoracics
 - 9.4.9.9.2. The Upper Cervical Region
 - 9.4.9.9.3. The Thoracic Outlet
 - 9.4.9.9.4. Hypothalamus and Pituitary Gland
 - 9.4.9.9.5. The Cervical Fascial System
 - 9.4.9.9.6. The Muscular Balance of the Neck
 - 9.4.9.9.7. The Right Atrium

- 9.4.9.9.8. The Liver
- 9.4.9.9.9. The Small Intestines
- 9.4.9.9.10. Local Mobility Tests of the Thyroid Gland
- 9.4.9.9.11. The Adrenal Segment
- 9.4.9.9.12. Mobility Test of the Hyoid Bone, Patient Supine
- 9.4.9.9.13. Mobility Test of the Hyoid Bone, Patient Sitting
- 9.4.9.9.14. Test of the Suspensory Ligament of Berry
- 9.4.9.9.15. Test of the Levator Thyroideus Muscle
- 9.4.9.9.16. Laterolateral Mobility Test of the Anterior Neck Structures
- 9.4.9.9.17. Tests of the Cervical Fascia
- 9.4.9.9.18. General Mobility Test in the Cervical Spine Under Traction

9.4.10. Techniques

- 9.4.10.1. Mobilization and Stretching of the Suspensory Ligament of Berry
- 9.4.10.2. Stretching of the Levator Thyroideus Muscle
- 9.4.10.3. Stretching of the Cervical Fascia in the Sagittal Plane
- 9.4.10.4. Stretching of the Cervical Fascia in the Frontal Plane
- 9.4.10.5. Stretching of the Cervical Fascia in the Horizontal Plane
- 9.4.10.6. Mobilization of the Neck Organs, Inferior Part
- 9.4.10.7. Mobilization of the Neck Organs, Medial Part
- 9.4.10.8. Mobilization of the Neck Organs, Superior Part
- 9.4.10.9. Stretch between the Thyroid Cartilage and Cricoid Cartilage
- 9.4.10.10. Neurolymphatic Reflex Points

9.5. The Esophagus

- 9.5.1. Introduction
- 9.5.2. Relevant Anatomy of the Esophagus
- 9.5.3. Physiology
 - 9.5.3.1. Swallowing (Deglutition)
 - 9.5.3.2. Peristalsis
 - 9.5.3.3. The Lower Esophageal Sphincter – LES
- 9.5.4. Neurology
- 9.5.5. Pathology
 - 9.5.5.1. Congenital Anomalies
 - 9.5.5.2. Esophageal Varices
 - 9.5.5.3. Esophageal Strictures
 - 9.5.5.4. Achalasia Cardia
 - 9.5.5.5. Dysphagia
 - 9.5.5.6. Gastro-Esophageal Reflux Disease (GERD)

- 9.5.5.7. Esophageal Ulcer
- 9.5.5.8. Esophagitis
- 9.5.5.9. Diffuse Esophageal Spasm
- 9.5.5.10. Esophageal Diverticle
- 9.5.5.11. Barrett's Esophagus or Barrett Syndrome
- 9.5.5.12. Esophageal Carcinoma
- 9.5.5.13. Mallory-Weiss Tear
- 9.5.5.14. Functional Esophageal Disorders
- 9.5.5.15. Esophageal Hypomotility
- 9.5.5.16. Nutcracker Esophagus
- 9.5.5.17. Candidiasis
- 9.5.5.18. Hiatus Hernia
- 9.5.6. Clinical Assessment
 - 9.5.6.1. Palpation
 - 9.5.6.2. Mobility Test of the Cardia
 - 9.5.6.3. Rebound Test on the Cardia
 - 9.5.6.4. Mobility Test of the Cardia
- 9.5.7. Osteopathic Techniques
 - 9.5.7.1. Mobilization of the Cardia
 - 9.5.7.2. Mobilization of the Cardia
 - 9.5.7.3. Neurolymphatic Reflex Points

10. Osteopathic Treatment

- 10.1. Strategy
 - 10.1.1. First Differentiation
 - 10.1.2. Case History
 - 10.1.3. Somatic Dysfunction
 - 10.1.4. Relation Diaphragm and Cervical Complaints
 - 10.1.4.1. Mechanical
 - 10.1.4.2. Vascular
 - 10.1.4.3. Neurological
 - 10.1.4.4. Metabolic
 - 10.1.5. Relation Lungs and Cervical Complaints
 - 10.1.5.1. Mechanical
 - 10.1.5.2. Vascular
 - 10.1.5.3. Neurological
 - 10.1.6. Relation Heart and Cervical Complaints

- 10.1.6.1. Mechanical
- 10.1.6.2. Vascular
- 10.1.6.3. Neurological
- 10.1.7. Relation Thyroid Gland and Cervical Complaints
 - 10.1.7.1. Mechanical
 - 10.1.7.2. Vascular
 - 10.1.7.3. Neurological
 - 10.1.7.4. Metabolic
- 10.1.8. Relation Esophagus and Cervical Complaints
 - 10.1.8.1. Mechanical
 - 10.1.8.2. Neurological
- 10.1.9. Relation Thoracic Spine/Ribs and Cervical Complaints
 - 10.1.9.1. Mechanical
 - 10.1.9.2. Neurological
 - 10.1.9.3. Treatment Strategy Upper Thoracics Flexion Tendency
 - Treatment of a flexion tendency
 - 10.1.9.4. Treatment Strategy Upper Thoracics, Extension Tendency
 - 10.1.9.5. Treatment Strategy of the Intra Thoracic Retractions
 - 10.1.9.6. Treatment Strategy Thoracic Outlet (TOS)
 - 10.1.9.7. Treatment Strategy to Open the Thoracic Outlet
 - 10.1.9.8. Treatment Strategy Stabilizing the Upper Thoracics and Cervical Spine
 - 10.1.9.9. Treatment Strategy Increasing the O₂-CO₂ Exchange

Bibliography

Interesting Articles

Osteopathic Terminology