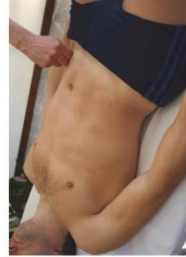
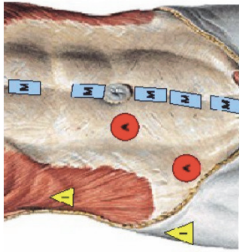


AN-PV



M. F. U: AN-PV

DISORDERS: heaviness in the iliac fossa, sacroiliitis.

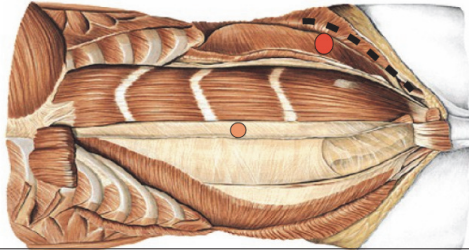
C-C: medially to the iliac crest, on the iliacus muscle
Mono: iliacus
Bi: rectus abdominis

MO-VE: Ask the patient to flex hips with flexed knees. From the Standing pos anterior pelvic rocking(retroversion)

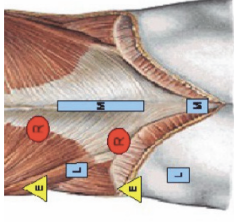
SI-PA : inguinal ligament, (low part of belly) low womb, sacroiliac joint

TREATMENT

patient: supine
physiot: same side, turned towards the patient's feet
tool: elbow
pressure: medium
direction: alongside the iliac crest



RE-PV



M. F. U: RE-PV

DISORDERS: sciatic pain, disc herniation, sacroiliitis

C-C: over origin of quadratus lumborum from the iliac crest, over iliolumbar ligament at the level of L4, out and behind posterior superior iliac spine
Mono: multifidus
Bi: longissimus lumborum, quadratus lumborum

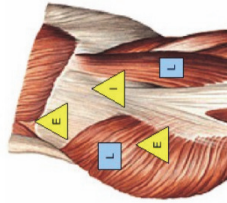
MO-VE: hyperextends the pelvis, push pelvis forwards with the hands or rock pelvis backwards in standing

SI-PA : sacroiliac joint, gluteus sacrum, it may irradiates along lower limbs

TREATMENT

patient: prone
physiot: same side, turned towards the patient's feet
tool: elbow
pressure: medium-strong
direction: transverse, oblique

IR-PV



M. F. U: IR-PV

DISORDERS: coxalgia, lbp, inguinal hernia

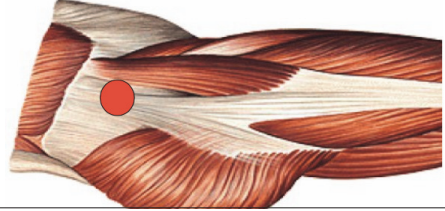
C-C: over the gluteus minimus muscle, in the fossa between greater trochanter and iliac crest
Mono: gluteus minimus
Bi: oblique, tensor fascia lata, sartorius

MO-VE: patient standing, Rotating the pelvis from side to side (therapist holds the patient shoulder)

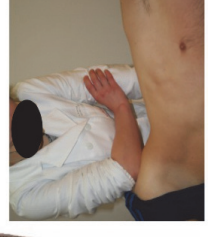
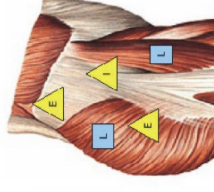
SI-PA : groin, hip, sacroiliac joint,

TREATMENT

patient: sidelying
physiot: ipsilateral, sitting behind the patient
tool: elbow
pressure: medium-strong
direction: oblique, longitudinal, transverse



ER-PV



M. F. U: ER-PV

DISORDERS: coxalgia, neuralgia of the lower limb

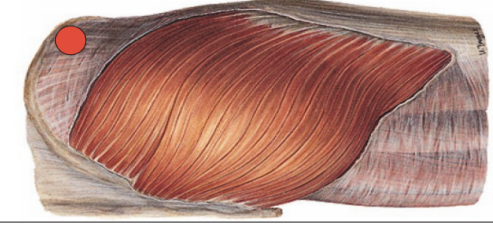
C-C: over the gluteus medius muscle, below the summit of the iliac crest
Mono: gluteus medius
Bi: gluteus maximus

MO-VE: shoulders still, rotate the pelvis or rotate the trunk

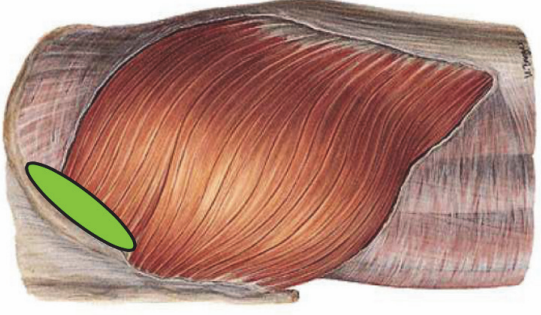
SI-PA : sacroiliac joint, gluteal region, possible radiation to the lower limb

TREATMENT

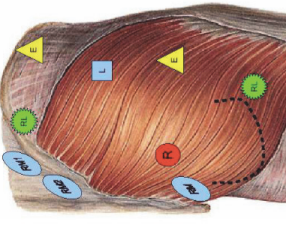


patient: sidelying
physiot: behind
tool: elbow
pressure: medium-strong
direction: transverse, oblique



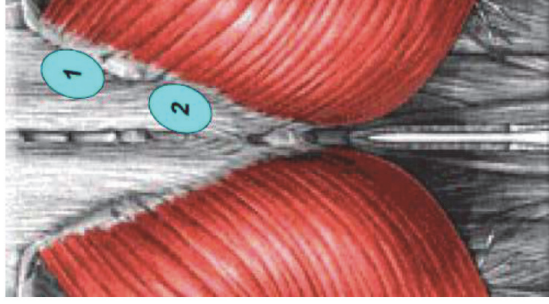
RE-LA-PV



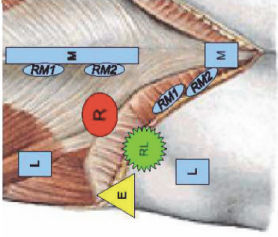
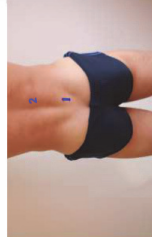

RE-LA-PV
C.F: below the posterior superior iliac spine, along the external border (1 st and 2 nd sacral foramina)
SI-PA: sacral iliac joint, gluteal region and hip
TREATMENT Patient: side-lying or prone F.T: behind Tool: knuckles, elbow Pressure: medium, strong

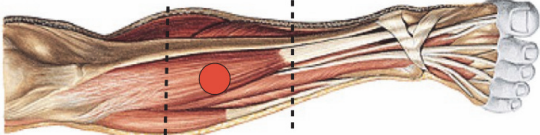
RE-ME-PV





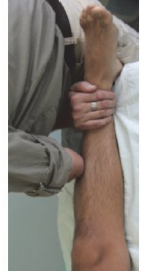
RE-ME-PV
C.F: 1. in the space between SIPS and the median sacral crest, above, to the iliolumbar ligament 2. on top of the sacral cape
SI-PA: sacroiliac joint, gluteal region, coccyx, lower abdomen
TREATMENT Patient: prone F.T: same side Tool: elbow Pressure: medium

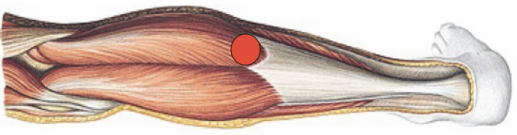
AN-TA



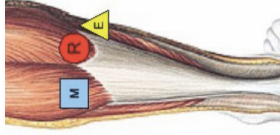


M. F. U: AN-TA
DISORDERS: tendinitis of tibialis anterior or extensor digitorum
C.C: over the tibialis anterior muscle, halfway of the leg "shin" Mono: tibialis anterior Bi: extensor allucis longus and extensor digitorum longus MO-VE: walk on heels
SI-PA : anterior region of the ankle and leg
TREATMENT patient: supine physiot: same side (ipsilateral) tool: elbow pressure: medium Direction: longitudinal, transverse

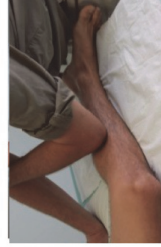
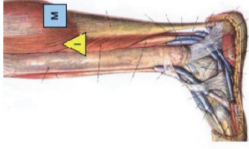
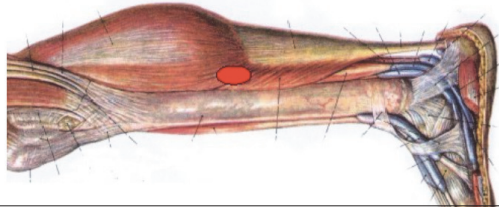
RE-TA



M. F. U: RE-TA
DISORDERS: Achilles tendinitis-tenosynovitis, calcaneal spur
C.C: over myotendinous passage of the lateral gastrocnemius Mono: soleus Bi: lateral gastrocnemius
MO-VE: walk on tiptoes, beat heel against the floor
SI-PA : Achilles tendon, heel, calf cramps
TREATMENT patient: prone physiot: same side tool: elbow pressure: medium-strong direction: oblique, longitudinal

IR-TA



M. F. U: IR-TA

DISORDERS: talar spur, algodystrophy

C.C: where the tibialis posterior inserts in the medial part of the deep transverse fascia, midway the leg

Mono: tibialis posterior
Bi: flexor digitorum longus

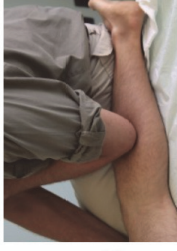
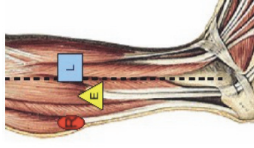
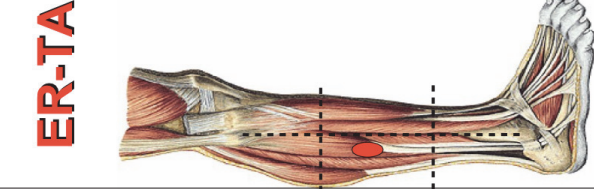
MO-VE: intrarotate the leg against resistance

SI-PA : medial ankle region (absolute contraindication : **phlebitis** and **varicose vein**)

TREATMENT

patient: sidelying
physiot: in front of the patient
tool: elbow
pressure: medium
direction: longitudinal, oblique

ER-TA



M. F. U: ER-TA

DISORDERS: peroneal tendonitis, inflamed heel, ankle sprain

C.C: behind fibula over the peroneal muscles, midway the lower leg
Mono: peroneus brevis
Bi: peroneus longus

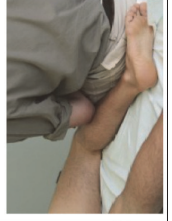
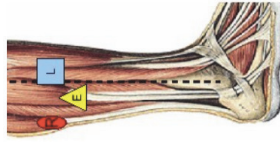
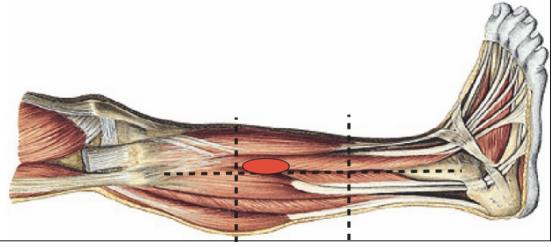
MO-VE: rotate foot outward against resistance

SI-PA : rear and lateral ankle region, post traumatic edema

TREATMENT

patient: prone, sideleg
physiot: same side
tool: elbow
pressure: medium-strong
direction: longitudinal, oblique

LA-TA



M. F. U: LA-TA

DISORDERS: tendonitis, traumatic injury of ligaments, chronic ankle sprains

C.C: over extensor digitorum and peroneus tertius, midway the leg, over or anterior to the fibula

Mono: peroneus tertius
Bi: extensor digitorum

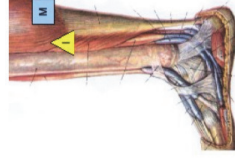
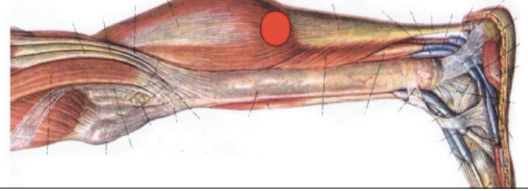
MO-VE: walk on the external border of the feet

SI-PA: lateral region of ankle, swelling after sprain, chronic pain

TREATMENT

patient: prone, sideleg
physiot: same side
tool: elbow
pressure: medium-strong
direction: transverse, oblique, longitudinal

ME-TA



M. F. U: ME-TA

DISORDERS: tendonitis, inflamed heel, tarsal tunnel syndrome, plantar fasciitis

C.C: over the triceps surae where the soleus and gastrocnemius medialis unite
Mono: soleus, tibialis posterior
Bi: triceps surae, flexor digitorum longus

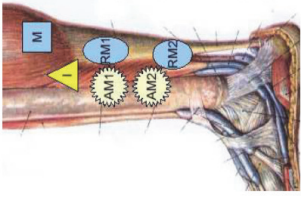
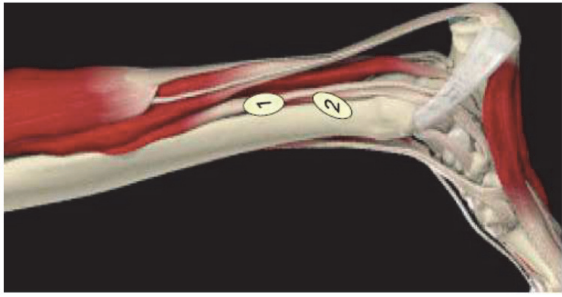
MO-VE: walk on the inner border of The feet (penguin walk)

SI-PA: medial ankle region, Achilles tendon, sole, heel

TREATMENT

patient: sidelying
physiot: behind th patient
tool: elbow
pressure: medium-strong
direction: oblique, longitudinal

AN-ME-TA



AN-ME-TA (1,2)

C.F: 1. Distal third of leg, postero-medial border of tibia, over superior extensor retinaculum 2. Over the antero-medial area of tibial crest, own lower part of it (or only lower part)

SI-PA: ankle pain, hypersensitivity of periosteum, pain on anterior and medial area of tibia

TREATMENT

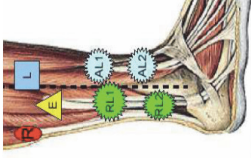
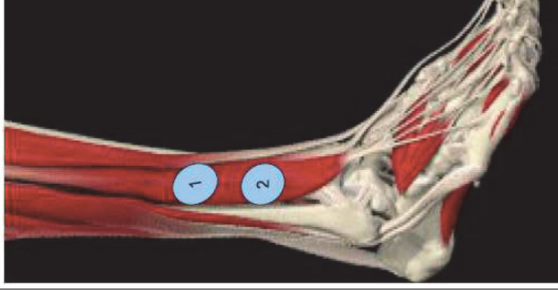
Patient: on side

F.T: behind

Tool: knuckle, palm hand

Pressure: light

AN-LA-TA



AN-LA-TA (1,2)

C.F: 1. Anterior border of fibula over origin of the peroneus tertius muscle

2.

Anterior border of fibula over fibres of superior extensor retinaculum

SI-PA: ankle joint, foot on the dorsal region

TREATMENT

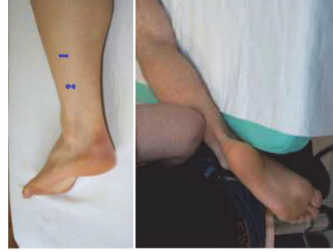
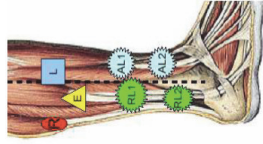
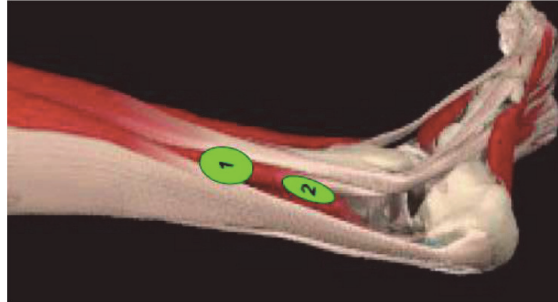
Patient: prone, lower limb abducted and extra-rotated

F.T: same side, or in front

Tool: knuckle, elbow

Pressure: medium, be careful to peroneal superficial nerve

RE-LA-TA



RE-LA-TA

C.F: 1: between the Achilles tendon and peroneus muscles
2: between two tendons of peroneus longus and brevis muscles

SI-PA: external malleolus, Achilles tendon, peroneus muscles

TREATMENT

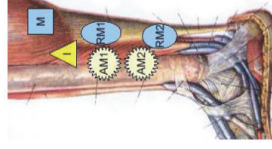
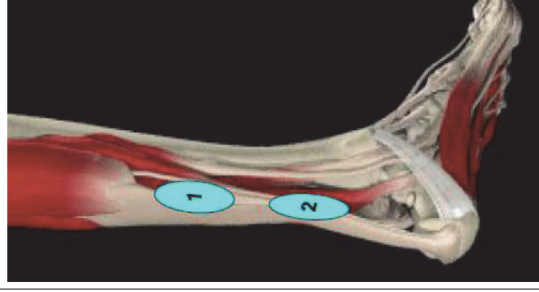
Patient: prone with leg abducted and foot out of the table

F.T: behind, beside

Tool: elbow

Pressure: medium, strong

RE-ME-TA



RE-ME-TA

C.F: 1. In the depression between Achilles tendon and flexor muscles of toes foot
2. Distal to the previous area

SI-PA: medial malleolus, Achilles tendon, pain and heaviness in the legs, external genitals

TREATMENT

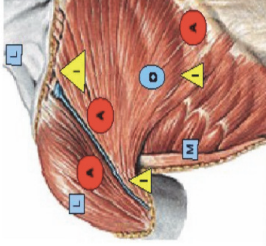
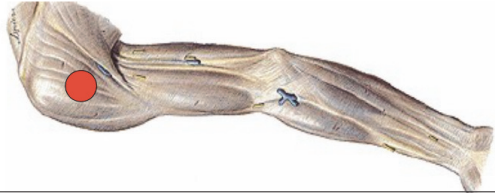
Patient: belly down and slightly twisted

F.T: behind or beside

Tool: knuckles

Pressure: medium

AN-HU



M. F. U: AN-HU

DISORDERS: periarthritis, tendinitis long head of biceps

C.C: medially to the long head of biceps, over the anterior deltoid
Mono: deltoid
Bi: pectoralis major, long head of biceps

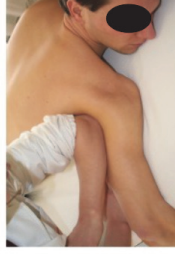
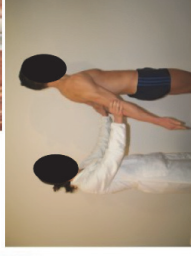
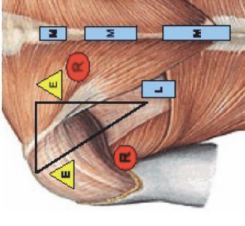
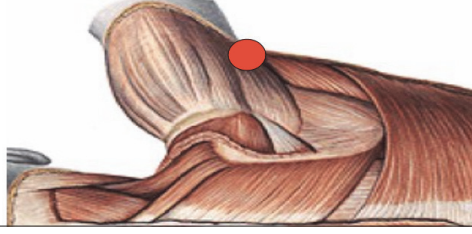
MO-VE: from the anatomical position, ask to lift arms forward

SI-PA : anterior region of the shoulder, coracoacromial ligament

TREATMENT

patient: supine in the anatomical position or seated
physiot: ipsilateral
tool: elbow, knuckle
pressure: medium
direction: oblique, transverse

RE-HU



M. F. U: RE-HU

DISORDERS: axillary adenopathy, periarthritis

C.C: in the sulcus among the latissimus dorsi, long head of the triceps, teres major and minor
Mono: teres major
Bi: latissimus dorsi

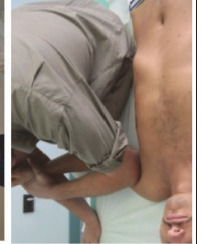
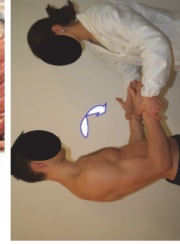
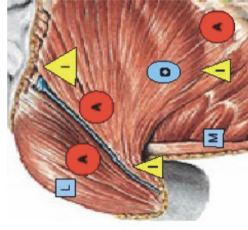
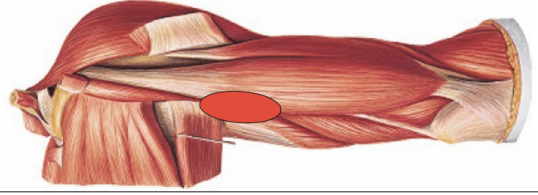
MO-VE: backwards movement of Extended arm

SI-PA : glenohumeral joint and / or posterior part of deltoids

TREATMENT

patient: prone, upper limb abducted and intrarotated
physiot: same side
tool: elbow
pressure: medium
direction: transverse oblique

IR-HU



M. F. U: IR-HU

DISORDERS: periarthritis, tendinitis of the pectoralis major

C.C: beneath the pectoralis major tendon, in the humeral insertion of coracoclavicular fascia
Mono: subscapularis
Bi: pectoralis major, latissimus dorsi

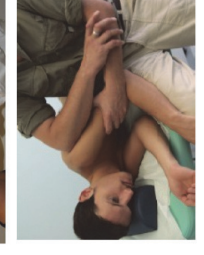
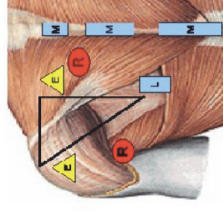
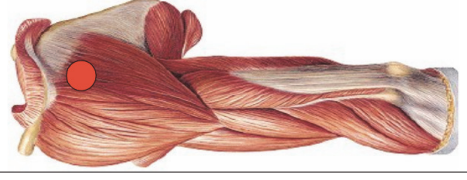
MO-VE: bring elbow flexed to 90° adherent to the trunk and externally rotated, intra rotation against resistance

SI-PA : axillary region, anterior part of arm, joint pain inside

TREATMENT

patient: supine, arm abducted and externally rotated
physiot: same side, holding the wrist
tool: knuckle, elbow
pressure: medium
direction: transverse, oblique

ER-HU



M. F. U: ER-HU

DISORDERS: periarthritis, arm pain

C.C: just behind the rotator cuff, over the posterior fiber of deltoid muscle and infraspinatus muscle
Mono: infraspinatus, teres minor
Bi: posterior deltoid

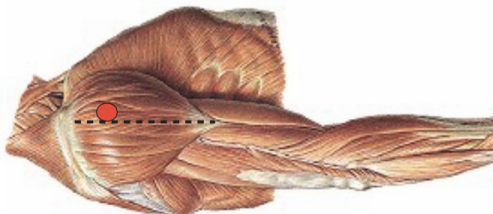
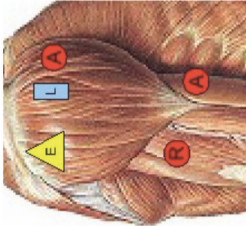
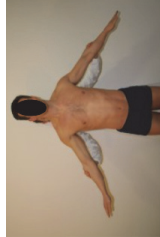

MO-VE: shoulder extrarotation against resistance
(elbow remains always flexed)

SI-PA : shoulder, deltoid, radiation to upper limbs

TREATMENT

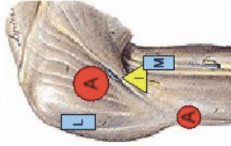
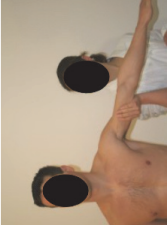
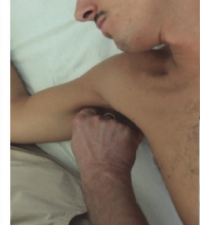
patient: sidelying
physiot: same side
tool: elbow
pressure: medium
direction: transverse, oblique

LA-HU

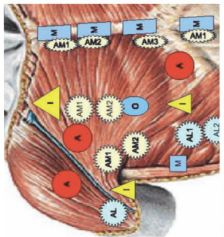

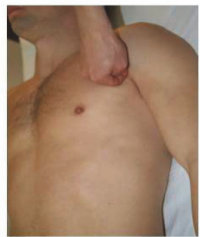
M. F. U: LA-HU
DISORDERS: periarthritis, pain in the arm, tendonitis of long head of biceps brachii
C.C: over the lateral fiber of deltoid muscle, laterally to long head of biceps
Mono: deltoid (lateral fibers) supraspinatus
Bi: long head of biceps
MO-VE: abduction of shoulder till 90°, (from the anatomical position) against resistance
SI-PA: glenohumeral joint, lateral shoulder region,
TREATMENT patient: seated, supine or sidelying physiot: same side tool: knuckle, elbow pressure: medium direction: transverse, oblique

ME-HU

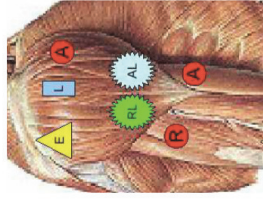

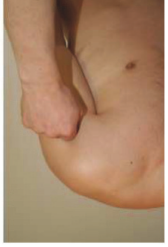
M. F. U: ME-HU
DISORDERS: periarthritis, brachialgia
C.C: behind the coracobrachialis muscle over medial intermuscular septum (or a hardly ahead) Mono: coracobrachialis, long head of biceps short
Bi: pectoralis major, latissimus dorsi
MO-VE: to adduct arm against resistance (look at any subluxation signs)
SI-PA: gleno humeral instability, axilla, paresthesias in hand
TREATMENT patient: supine, pat abducts and Extra-rotates the arm, elbow is flexed physiot: same side tool: knuckle pressure: light-medium (be careful to the neurovascular bundle) direction: oblique, longitudinal

AN-ME-HU


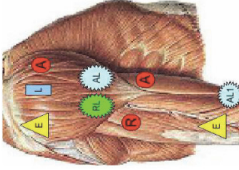
AN-ME-HU(1,2)
C.F: 1. Against external and proximal part of pectoralis major tendon, 2. in 4th intercostal space over the clavi-coraco-axillary fascia, beneath pectoralis major tendon
SI-PA: local or diffuse pain, deficit of force
TREATMENT Patient: supine F.T: same side Tool: knuckle Pressure: medium

AN-LA-HU







AN-LA-HU
C.F: anterolateral part of the distal part of deltoid muscle
SI-PA: deltoid region, shoulder
TREATMENT Patient: supine, on side F.T: same side or in front Tool: knuckle Pressure: medium

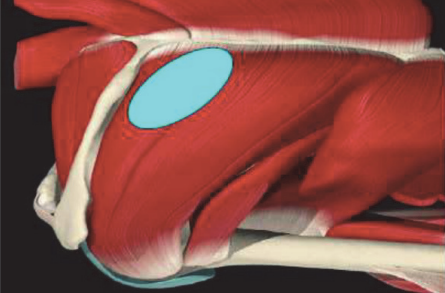
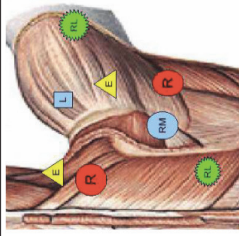
RE-LA-HU


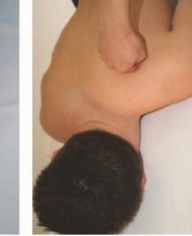
RE-LA-HU
C.F: posterior and lateral fibres of deltoid muscle, from halfway to deltoid tuberosity
SI-PA: shoulder
TREATMENT Patient: prone, with the arm out of bed or side lying F.T: same side Tool: elbow, knuckles Pressure: medium, strong

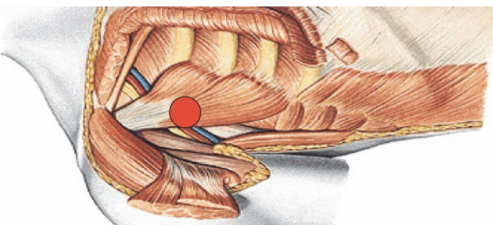
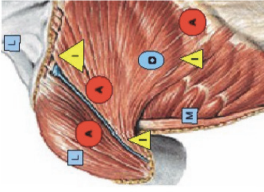
RE-ME-HU

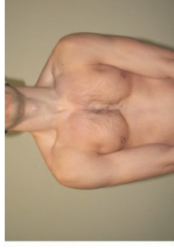

RE-ME-HU
C.F: beneath the scapular spine in the superior part of the infraspinatus fossa
SI-PA: shoulder and front of shoulder
TREATMENT Patient: prone F.T: same side Tool: knuckle, elbow Pressure: medium

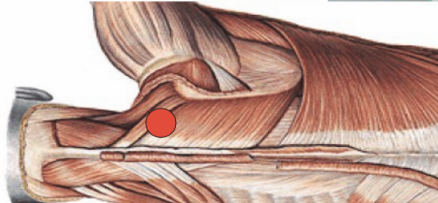
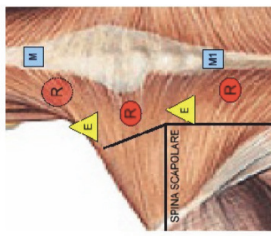
AN-SC

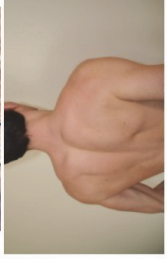
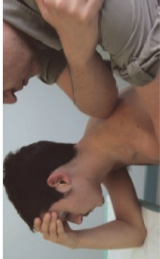
M. F. U: AN-SC
DISORDERS: trauma or sprain in acromioclavicular joint; pectoralis minor syndrome, brachial plexus irritation
C.C: beneath coracoid process, in the groove between deltoid and pectoralis over the belly of the pectoralis minor and clavi coraco axillary fascia Mono: pectoralis minor Bi: pectoralis major
MO-VE: bring both shoulders forward, lack of symmetry between the two sides
SI-PA : pectoralis, coracoacromial ligament
TREATMENT patient: supine or seated physiot: same side tool: elbow knuckle pressure: medium direction: oblique transverse

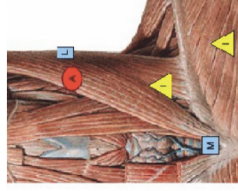
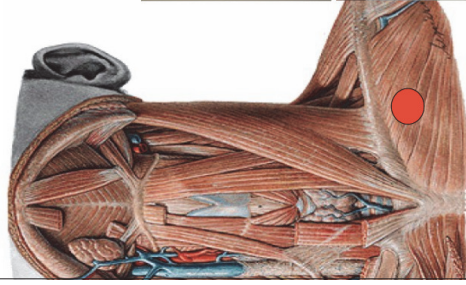
RE-SC

M. F. U: RE -SC
DISORDERS: neck pain Upper limbs weakness and paresthes.
C.C: on the rhomboids muscles at T2 level Mono: rhomboids Bi: upper trapezius
MO-VE: shrug, (backward and upward movement of scapula)
SI-PA : base of the neck, sense of heaviness on the shoulders, back chest, nape
TREATMENT patient: thinker position physiot: behind the patient tool: elbow pressure: medium direction: transverse, oblique

IR-SC



M. F. U: IR-SC

DISORDERS: periarthritits, acromioclavicular dislocation and clavicle fractures

C.C: on the subclavius muscle, beneath the middle third of the clavicle
Mono: subclavius
Bi: pectoralis major

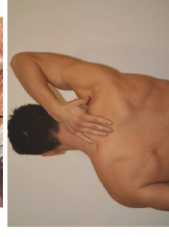
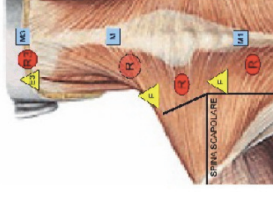
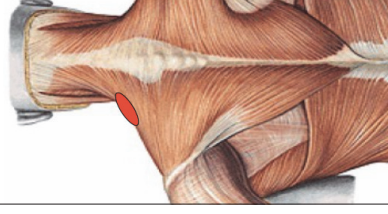
MO-VE: bring hand over the opposit shoulder

SI-PA : sternoclavicular joint, acromioclavicular joint, radiation to the upper limb, paresthesia

TREATMENT

patient: supine, seated
physiot: same side, behind the patient
tool: knuckle, elbow
pressure: medium
direction: transverse, oblique, longitudinal

ER-SC



M. F. U: ER-SC

DISORDERS: cervicobrachial syndrome

C.C: over the levator scapulae muscle, on the superior border of trapezius medially to the suprascapular fossa
Mono: serratus anterior inferior
Bi: superior fibers of trapezius

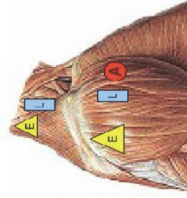
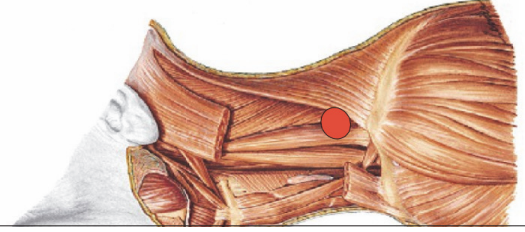
MO-VE: touch the thoracic vertebrae

SI-PA : shoulders, neck, head scapula pain referred from neck to arm.

TREATMENT

patient: seated, thinker position
physiot: behind
tool: elbow
pressure: medium
direction: transverse, oblique

LA-SC



M. F. U: LA-SC

DISORDERS: cervicobrachial syndrome

C.C: over the scalenus medius, between trapezius and sternocleidomastoid muscles

Mono: inferior belly of omoyoid, scalenus muscles
Bi: ascending fiber of trapezius

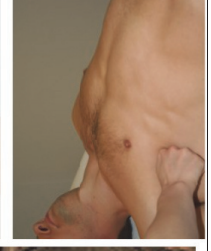
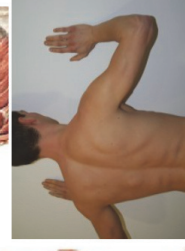
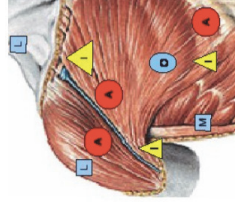
MO-VE: sidebending of the neck, Abduction over 90° of upper limb

SI-PA: shoulder, neck, upper limb, superior border of the trapezius

TREATMENT

patient: seated
physiot: behind
tool: knuckle
pressure: medium
direction: transverse, longitudinal

ME-SC



M. F. U: ME-SC

DISORDERS: long thoracic nerve paresis, rib pain, precordial pain

C.C: over serratus anterior muscle, sixth intercostal space, below the axilla
Mono: serratus anterior
Bi: latissimus dorsi

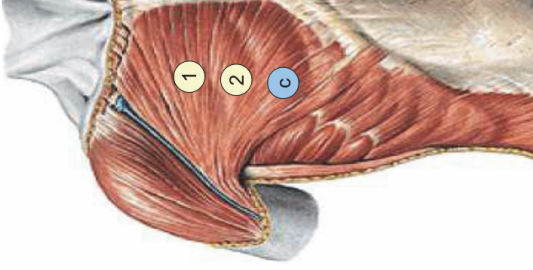
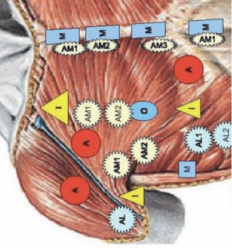
MO-VE: P pushes a inst the wall with both hands (winged scapula)

SI-PA: axilla, subluxation or instability during arm movement, lateral part of the thorax

TREATMENT

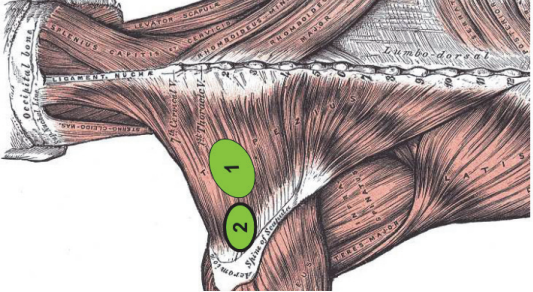
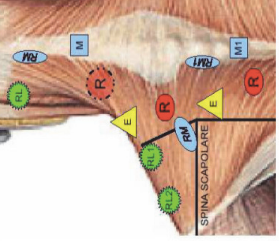
patient: supine, arm is abducted
physiot: same side
tool: knuckle
pressure: light-medium
direction: oblique, transverse

AN-ME-SC

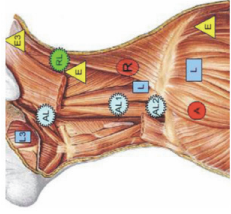
AN-ME-SC (1,2)
C.F: 1. 2 nd intercostal space, over the midclavicular line 2. 3 rd . intercostal space, on the same line
SI-PA: local or diffuse shoulder pain along arm, paraesthesia
TREATMENT Patient: supine, seated F.T: same side Tool: knuckle, elbow Pressure: medium
TRATTAMENTO: Paziente: supino, seduto Fkt: omolaterale Strumento: nocche, gomito Pressione: media

RE-LA-SC

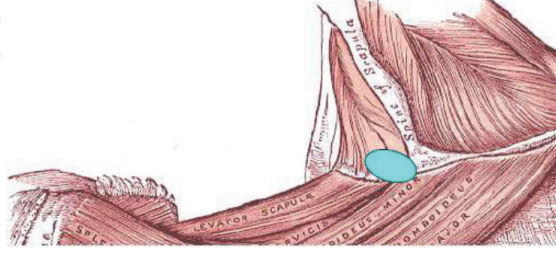
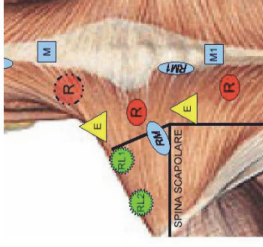
RE-LA-SC 1,2
C.F: 1: center of supraspinatus fascia 2: acromioclavicular ligament and distal part of supraspinatus muscle
SI-PA: shoulder, neck, heaviness of trapezius muscles
TREATMENT Patient: seated in the "thinker position" F.T: behind and on the same side Tool: elbow (1), knuckles(2) Pressure: medium

AN-LA-SC

AN-LA-SC (1,2)
C.F: 1. On the supraclavicular fossa towards neck (scalenus medius), 2. same fossa, lateral to scom towards clavicle
SI-PA: shoulder, scapula, thorax on front and back, neck
TREATMENT Patient: supine, on side F.T: same side Tool: knuckle Pressure: light (1), medium (2)

RE-ME-SC

RE-ME-SC
C.F: on the upper internal border of scapula, over the tendon of the rhomboid minor muscle
SI-PA: neck, shoulder and nape
TREATMENT Patient: thinker position F.T: behind the patient Tool: knuckle, elbow Pressure: medium

AN-CA

M. F. U: AN-CA
DISORDERS: cysts and/or tendinitis of the flexor carpi radialis, writer's cramp
C.C: over the antebrachial fascia, between the proximal and middle third of the forearm, in the sulcus between the brachioradialis and flexor carpi radialis Mono: flexor carpi radialis (fascial insertion) Bi: flexor pollicis longus
MO-VE: wrist flexion with radial deviation or place the hand palm down on the table and ask to push down forcefully
SI-PA : anterior lateral part of radiocarpal joint
TREATMENT patient: supine or seated physiot: same side tool: elbow or knuckle pressure: medium direction: transverse, oblique, longitudinal

RE-CA

M. F. U: RE-CA
DISORDERS: tendinitis of extensor carpi ulnaris
C.C: over the distal third of extensor carpi ulnaris Mono: ulna fibers of extensor carpi ulnaris Bi: fibers of extensor digitorum originate from humerus
MO-VE: : extension and ulnar deviation of the wrist or lean (or resting) on the back of the hand
SI-PA : hypersensitivity of the ulnar styloid process and of the fifth finger
TREATMENT patient: prone, arm sidelong, palm down physiot: same side tool: knuckle pressure: medium direction: longitudinal, transverse, oblique

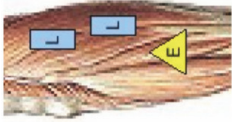
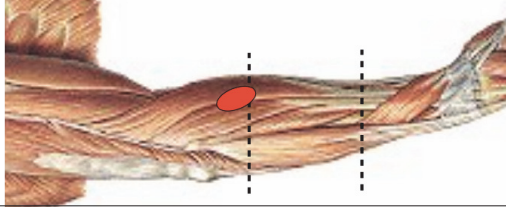
IR-CA

M. F. U: IR-CA
DISORDERS: muscle contracture, entrapment of the median nerve, tendinitis, carpal tunnel syndrome
C.C: on the proximal part of pronator quadratus, between tendons of palmaris longus and flexor radialis carpi muscles Mono: pronator quadratus Bi: brachioradialis, flexor carpi radialis, palmaris longus
MO-VE: intra rotation of the wrist (resistance on the hand)
SI-PA : anterior wrist region, pain in the tendons of flexor muscles
TREATMENT patient: supine, seated Physiot: same side tool: knuckle pressure: medium-strong Direction: longitudinal, oblique

ER-CA

M. F. U: ER-CA
DISORDERS: extensor tendonitis, cysts
C.C: over the muscle belly of extensor digitorum and extensor pollicis longus Mono: extensor pollicis brevis and abductor pollicis longus Bi: extensor pollicis longus, extensor digitorum
MO-VE: rotate wrist against therapist resistance or just ask to press the Dorsum of the hands against the table
SI-PA : pain in extensor tendons of fingers thumb and dorsum of wrist
TREATMENT patient: prone, palm down physiot: same side tool: knuckle pressure: medium direction: longitudinal, transverse, oblique

LA-CA



M. F. U: LA-CA

DISORDERS: dequervain's syndrome, carpal rheumatism

C.C: over the belly of extensor radialis carpi longus and brevis

Mono: extensor carpi radialis (fibres from radius ligament)
Bi: extensor carpi radialis (fibres originating from humerus)

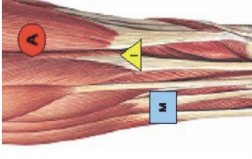
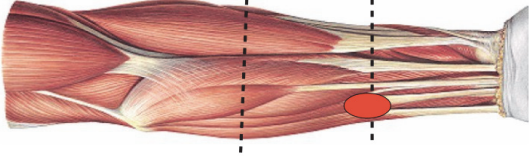
MO-VE: extension of the wrist
 Associated to a radial deviation
 Against resistance

SI-PA: lateral wrist region, base of thumb

TREATMENT

patient: prone, arm on the table and placed above the head
 physiot: same side
 tool: knuckle
 pressure: medium
 direction: transverse, longitudinal, oblique

ME-CA



M. F. U: ME-CA

DISORDERS: spasms of the hand, hot sensation on the hypothenar eminence

C.C: over the flexor carpi ulnaris muscle, in the passage between middle and distal third of the forearm
Mono: flexor carpi ulnaris (fibres originated from ulna)
Bi: flexor carpi ulnaris fibres and flexor fibers of the fifth finger that originate from the humerus

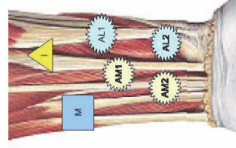
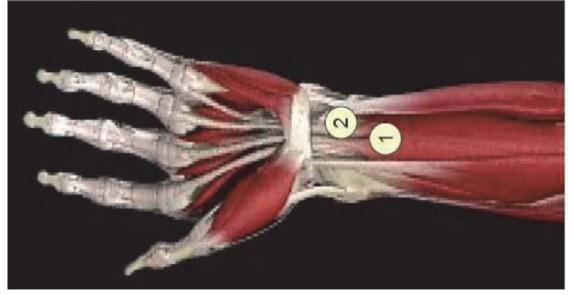
MO-VE: flexion and ulnar deviation of the carpus (to activate the flexor ulnaris muscle)

SI-PA: anterior part of radio carpal joint

TREATMENT

patient: prone, upper limb intra rotated palm up
 physiot: same side
 tool: knuckle
 pressure: medium
 direction: oblique, transverse

AN-ME-CA



AN-ME-CA (1,2)

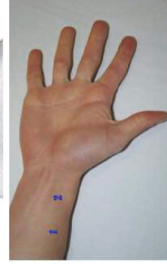
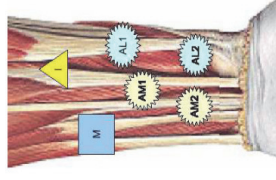
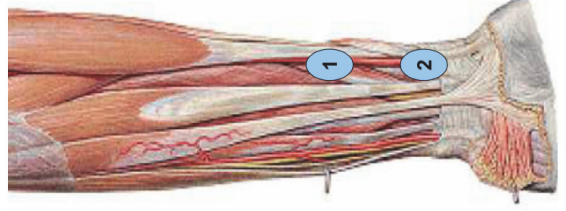
C.F: 1. distal 1/3rd. of forearm between flexor carpi ulnaris and palmaris longus tendons, 2. Between the same tendons closer to wrist and slightly towards ulna

SI-PA: wrist, fingers (3^{rd-4th})

TREATMENT

Patient: supine,
 F.T: same side to treat
 Tool: knuckle, elbow
 Pressure: medium

AN-LA-CA



AN-LA-CA (1,2)

C.F: 1. Proximal part of radial artery groove 2. Distal part of radial artery groove, over tendon of flexor pollicis longus

SI-PA: Thumb, lateral side of the wrist, thenar region

TREATMENT

Patient: supine
 F.T: same side
 Tool: knuckle
 Pressure: medium

RE-LA-CA






RE-LA-CA 1,2
C.F: 1: proximal part of the furrow between the extensor of the fingers and thumb 2: distal part of the same sulcus
SI-PA: lateral or external part of wrist
TREATMENT Patient: prone with the upper limb over head and palm down F.T: same side Tool: knuckles Pressure: medium

RE-ME-CA

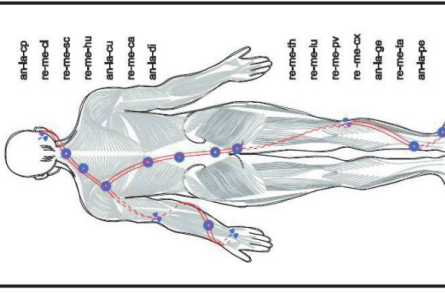
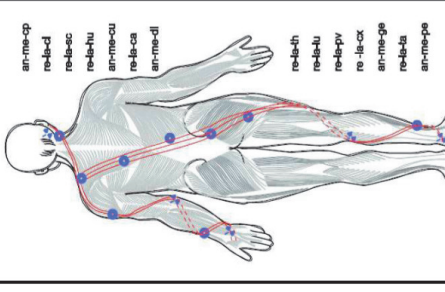





RE-ME-CA
C.F: 1: proximal part of extensor tendons 2: medially to extensor carpi ulnaris tendon
SI-PA: wrist, on the extensor muscles to the dorsal wrist crease
TREATMENT Patient: prone and palm resting on the bed F.T: same side Tool: knuckle Pressure: medium

spiral

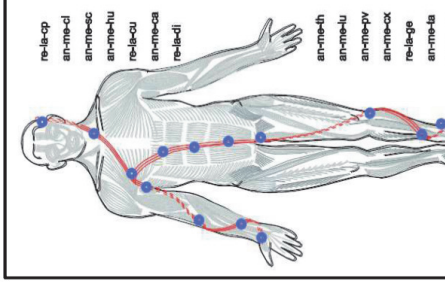
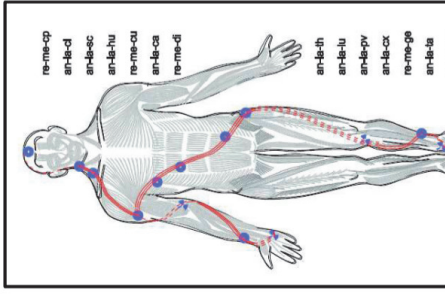
(that begin in the anterior part of body)

AN-LA	AN-ME
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Spirals

(that begin in the posterior part of body)

RE-LA	RE-ME
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