

ACSM 2013 INDIANAPOLIS

Massage Effects and Timing

Immediate vs. 48 hour delay - decrease inflammation with immediate treatment, but is that a good thing?

Thoracic Outlet Syndrome

Prisoner Pose, Jazz Hand Test, Heart Rate Test

Brachial Plexus Impingement

Nerve Stretches: Median (fingers up), Radial (fingers down), Ulnar (okay)

1st Rib Mobilization Technique

rib depression, muscle energy technique

Lumbar Manipulation

Counterstrain Tenderpoints (Psoas, Iliacus, Rectus Femoris)

Flexion Pain (disc) vs. Extension Pain (facet)

SI Dysfunction

Palpate QL, Iliolumbar Ligament, Psoas

SI Myofascial Release (laced hands)

Thoracic Psoas Test

Rib Elevation vs. Leg Length

Lower Leg Pain

MTSS (medial tibial stress syndrome/shin splint) vs. CECS (chronic exertional compartment syndrome)

Shin splints – MFR for calves/achilles

Compartment Syndrome – compression stocking

Both issues solved with forefoot running (vs. fasciotomy)

Shoulder Manipulation

Spencer Technique – 7 steps

Extension with elbow flexion, flexion with elbow extension,
circumduction compression, circumduction traction, abduction internal
rotation, adduction external rotation, adduction internal rotation, finish
with milking the joint

Knee Protection

Knee pain/injury is hip related not knee related

Resistaband rotation vs. box rotation