

## 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)

### 1<sup>st</sup> 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