

UNM Residents Osteopathic Lab I

I. Diagnostic Principles

- a. Principles- Hand near body flexes spine, hand away extends, hand to side exhales rib
- b. Method- Place hand at correct spinal level
- c. Deviate wrist toward body (radial or ulnar deviation) + flex wrist, pronate or supinate + flex elbow, ensure elbow is in front of (anterior to) shoulder
- d. Test by pulling wrist from trunk: Diagnoses vertebrae stuck in flexion

II. Dx Postures for the 5 Organs

- a. Liver- Palm face up one inch below xyphoid T9
- b. Spleen- Palm down ½ way between xyphoid and umbilicus T11
- c. Kidney Yin- Palm down at navel L2
- d. Kidney Yang- Palm down at xyphoid T8
- e. Heart- Palm face away at mid-sternum T5
- f. Lung- Palm down at shoulders for T3

III. Treatment Principles

- a. To release hand forward (and vertebrae from flexion): engage further flexion of spinal segment by pt stepping backward
- b. To extend vertebrae pt steps forward
- c. To move rib to exhalation move straightened arm to side
- d. In summary
 - i. Start in diagnostic posture, Dx leads straight into Tx
 - ii. As pt steps back he releases hand forward to you
 - iii. As arm fully straightens it will spontaneously move laterally
 - iv. Walk pt forward guiding straight arm to side
 - v. Each spinal level has its own finishing movement

*Feet walk back allowing hands to move forward,
Hands move laterally and feet then walk forward...*

IV. Tx Movements for the 5 Organs

- a. Liver- Palm forward and out to side “low hitchhiking”
- b. Spleen- Palm forward and medial, pull back laterally in an expanding ‘v’ with straight elbows and extended wrists “scratching chalkboard”
- c. Kidney Yin- Palm forward from L2 then reach around back “touch kidney”
- d. Kidney Yang- Palm forward from T8 then reach around back “touch kidney”
- e. Heart- Palm forward then out to side “Samson pushes walls of temple apart”
- f. Lung- Palm forward then “high hitchhiking”