



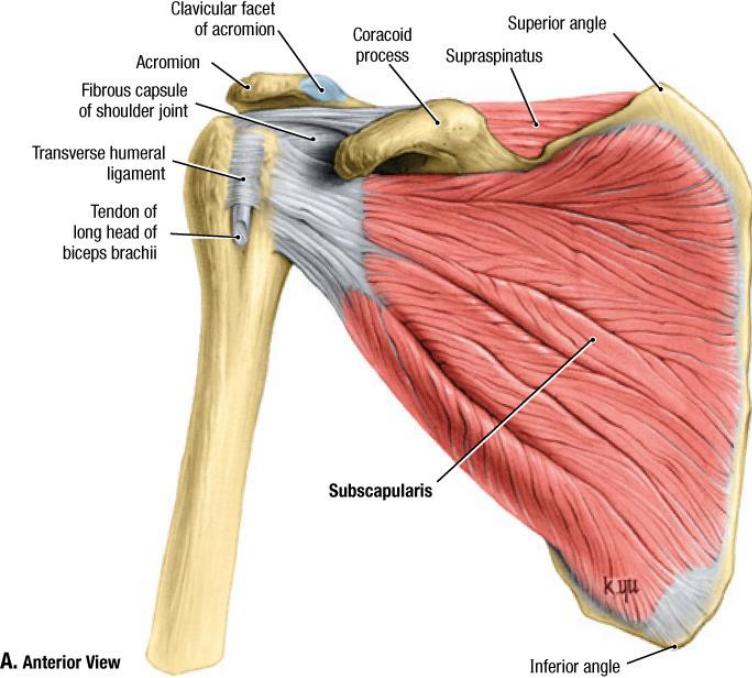
OMM: UPPER EXTREMITY

MOA SPRING CONFERENCE 2022

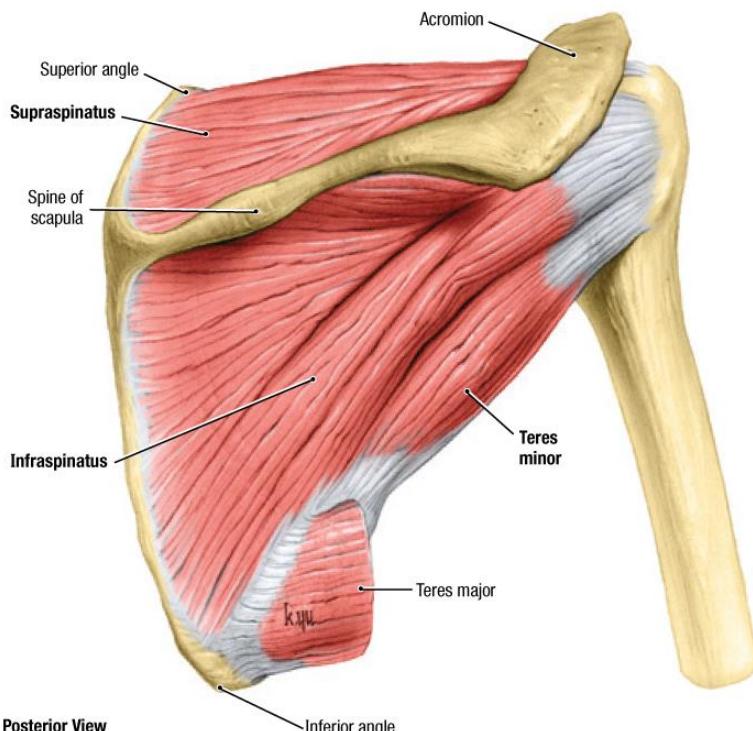
BENJAMIN J. VISGER D.O.

Scapula

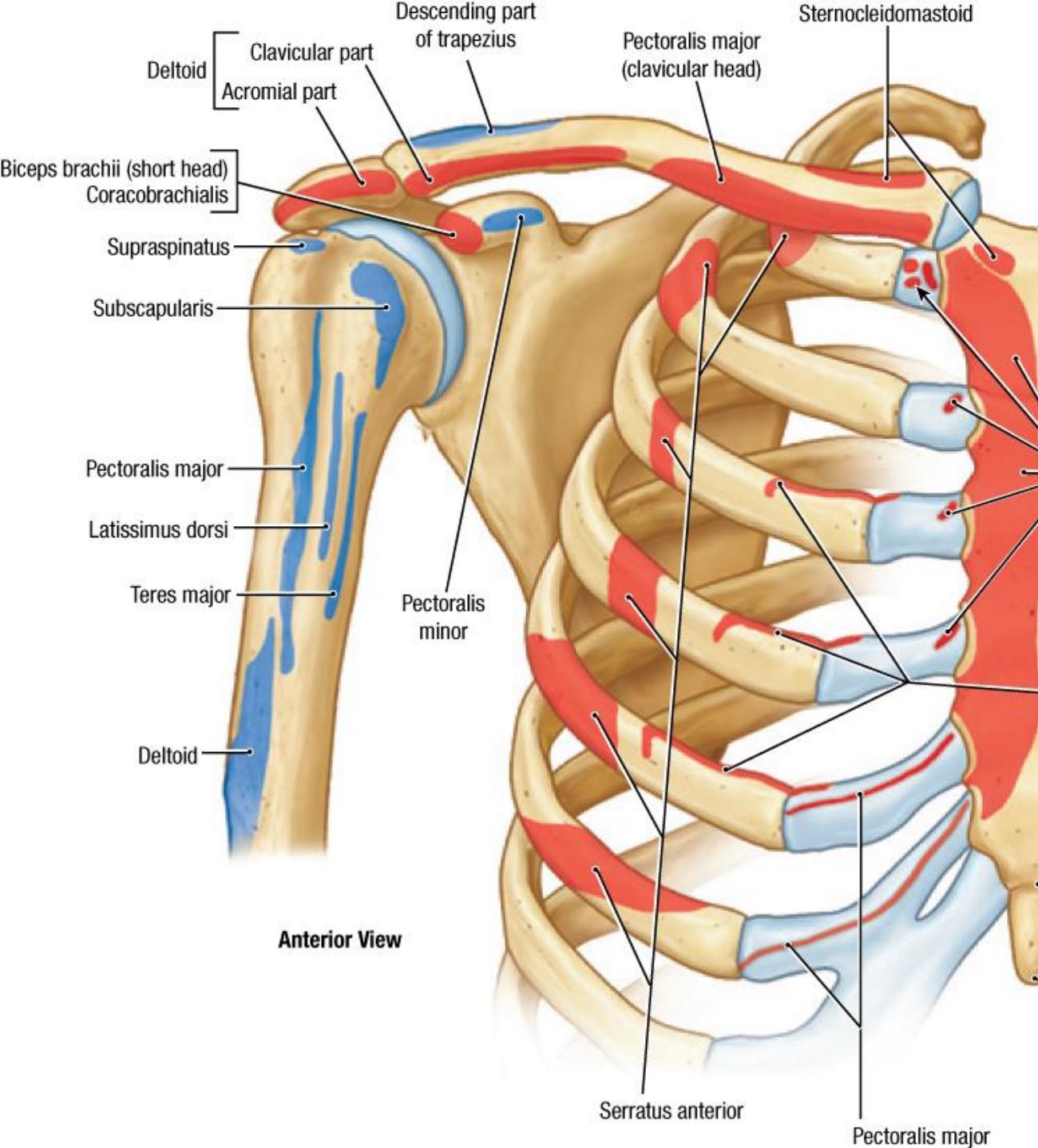
- Supraspinatus
 - “Empty can” pain with strength intact
 - Pressure with Abduction Test
 - Primary (intrinsic) if worse
 - Secondary (compensatory) if better
 - Hidden primary for deltoid pain
 - MFR
 - Rotator cuff exercises
- Infraspinatus
 - Vague, lateral-posterior pain
 - Multifactorial etiology, evaluate region
 - MFR
 - Rotator cuff exercises
- Subscapularis
 - Rare
 - MFR prone or sidelying for exposure



A. Anterior View

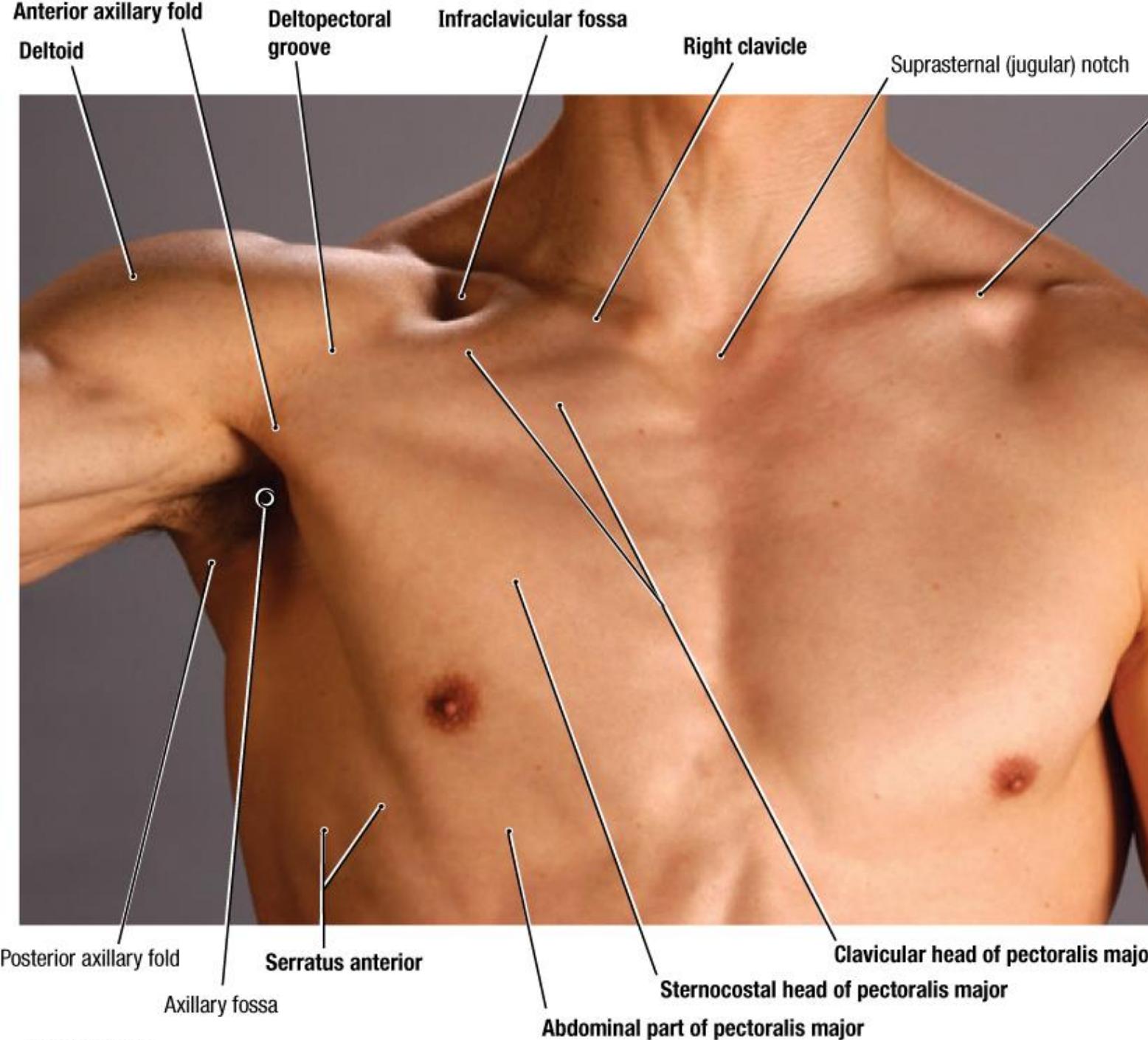


B. Posterior View



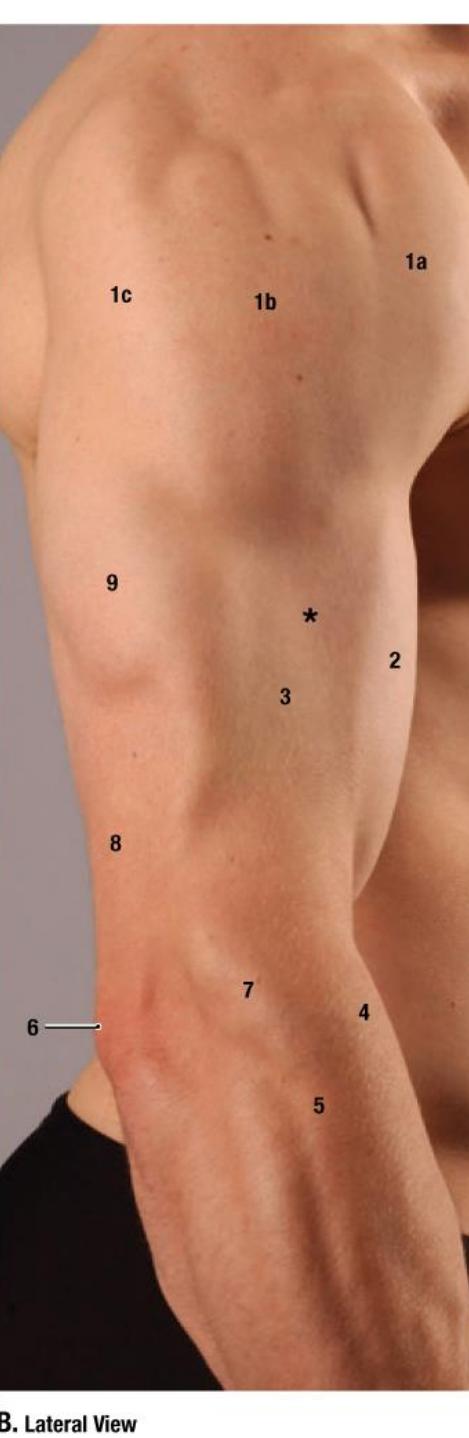
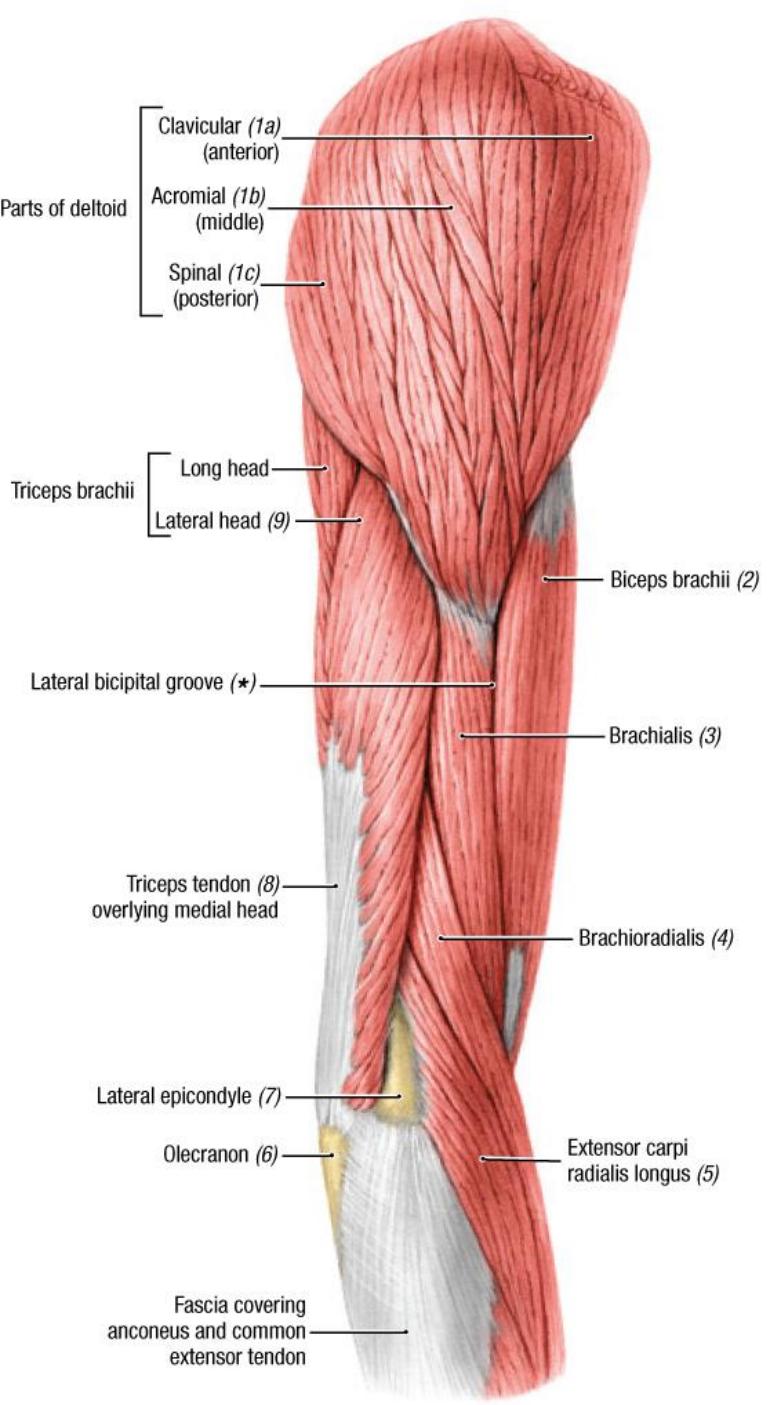
Clavicle

- Acromioclavicular joint popping or clicking
 - Postural or traumatic etiology
 - HVLA
 - MET
 - Still
 - Postural correction
- Acromioclavicular joint pain
 - Deltoid origin, arthritis, bursitis, and impingement
 - MFR
- Medial clavicular pain and dysfunction
 - SCM: superior, anterior
 - Pectoralis major: inferior, posterior
 - MFR > MET



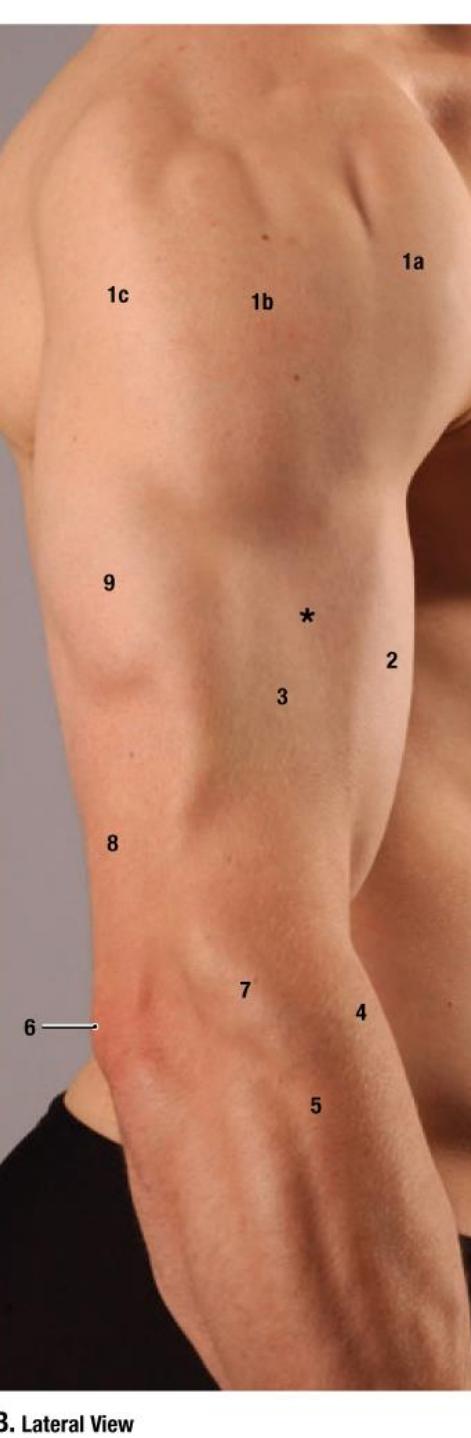
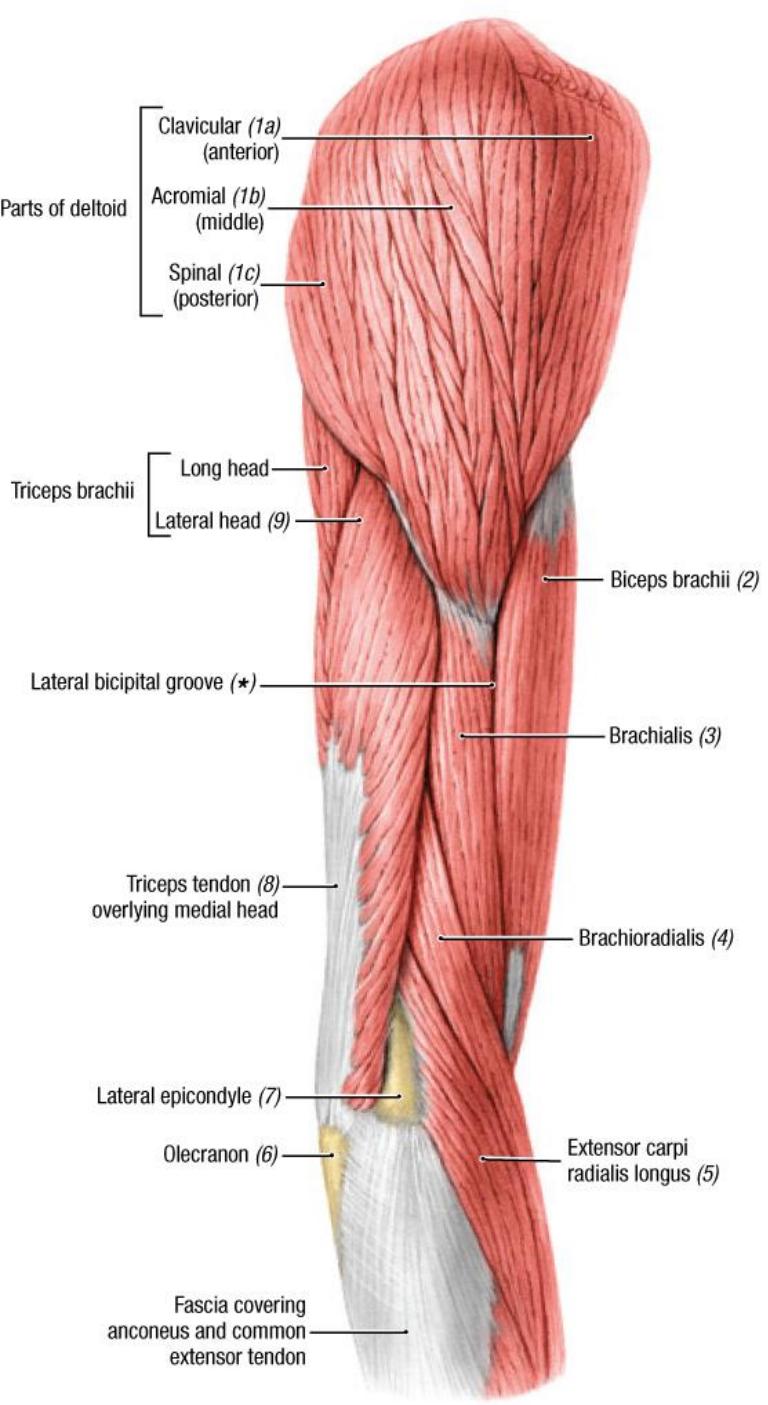
Shoulder

- Pectoralis major and serratus anterior
 - Active pain is rare
 - Deep, knotted pain to palpation
 - Lateral costal > humeral > sternal
 - MET only with active pain
 - MFR
 - SCS only with active pain
- Pectoralis minor
 - Postural strains
 - Paresthesia
 - MET
 - MFR
 - SCS only with active pain



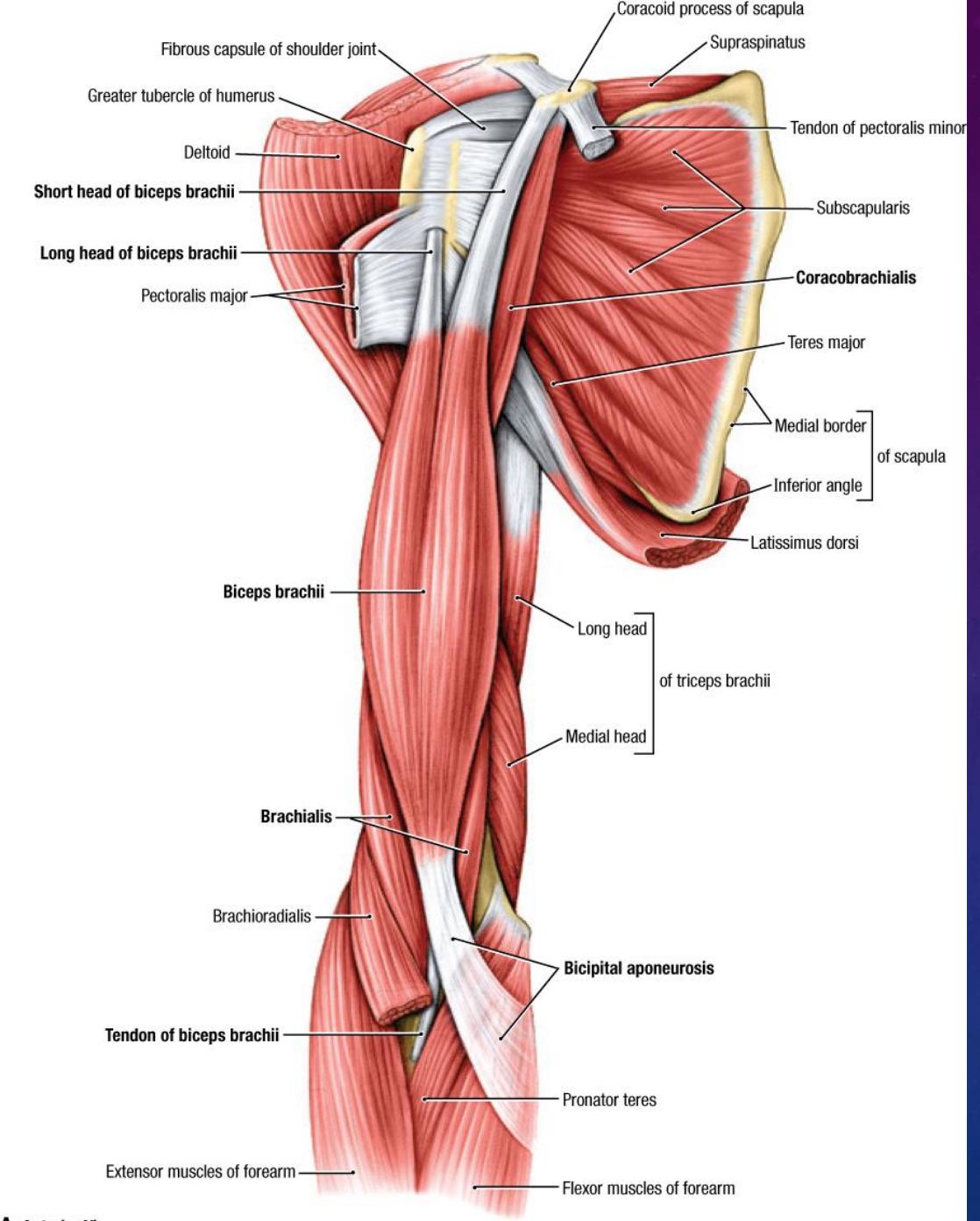
Shoulder

- Deltoid banded strains
 - Anterior, middle, or posterior
 - Secondary! Find the primary!
 - MET
 - MFR
 - SCS
- Deltoid insertion enthesopathy
 - Active abduction strains
 - Passive ergonomic strains
 - MFR
 - Active strain reduction
 - Postural and ergonomic correction
 - “Take ice to bed with you”



Arm

- Triceps brachii
 - Musculotendinous junction
 - MET
 - MFR
 - SCS
- Radial nerve
 - Deep to triceps lateral head
 - Palpation to paresthesia
 - MFR



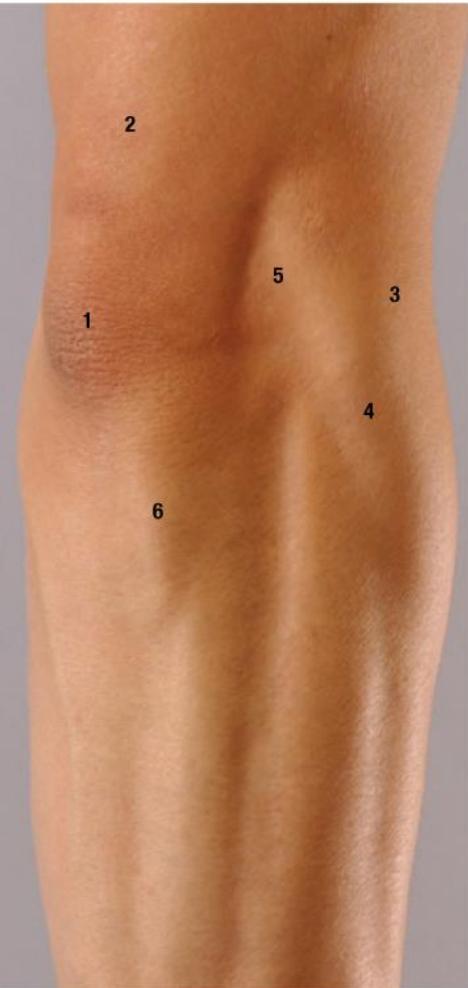
Arm

- Biceps short head tendinopathy
 - Positive “finger sign”
 - Coracoid enthesis v. tendon
 - Does NOT exist in isolation!
 - Identify regional “treatable targets”
 - MFR to treatable targets
 - Comprehensive home exercise
- Biceps long head
 - Uncommon, test against anterior deltoid
 - MET
 - MFR
 - SCS

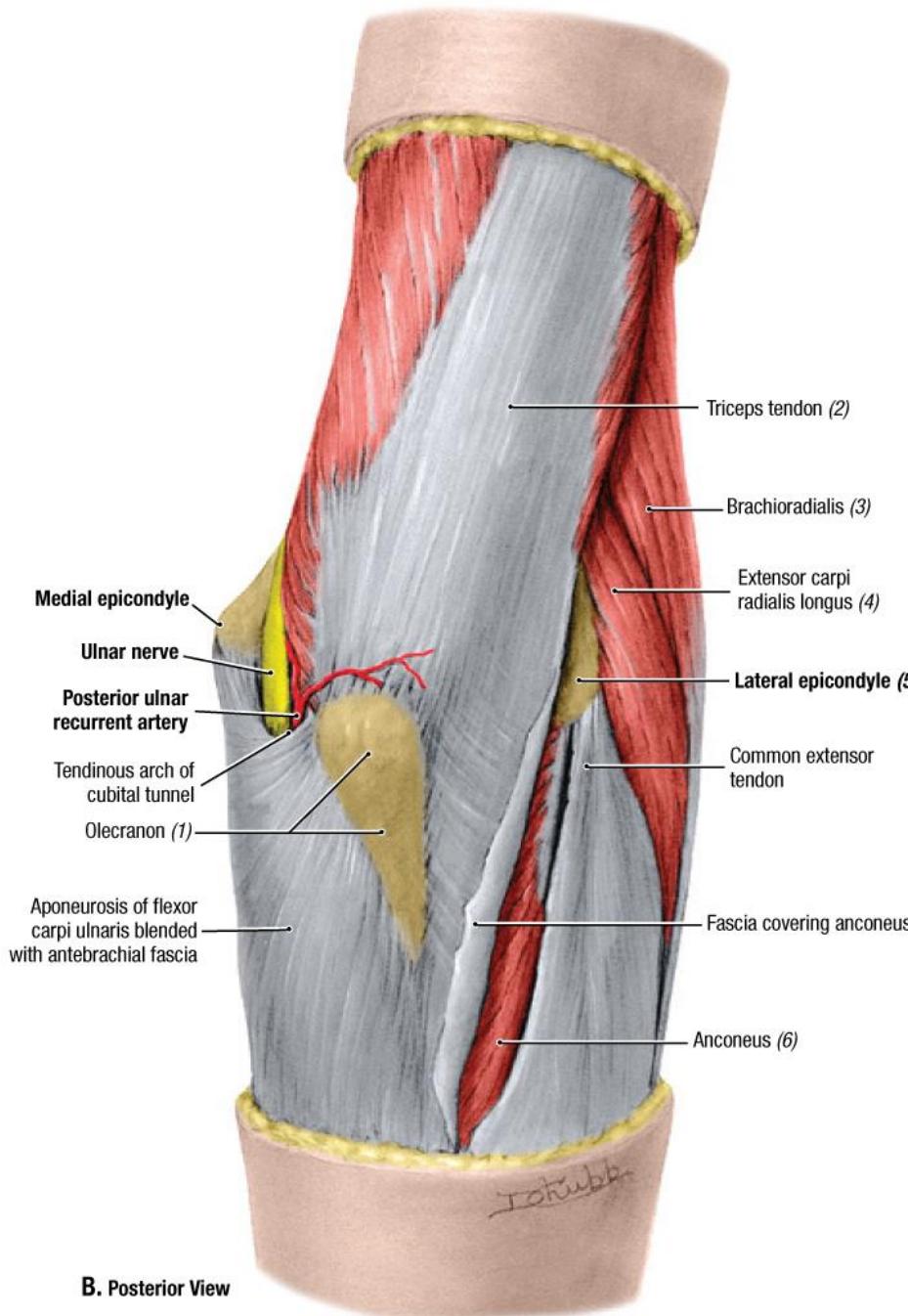
SUPERIOR

MEDIAL ← → LATERAL

INFERIOR



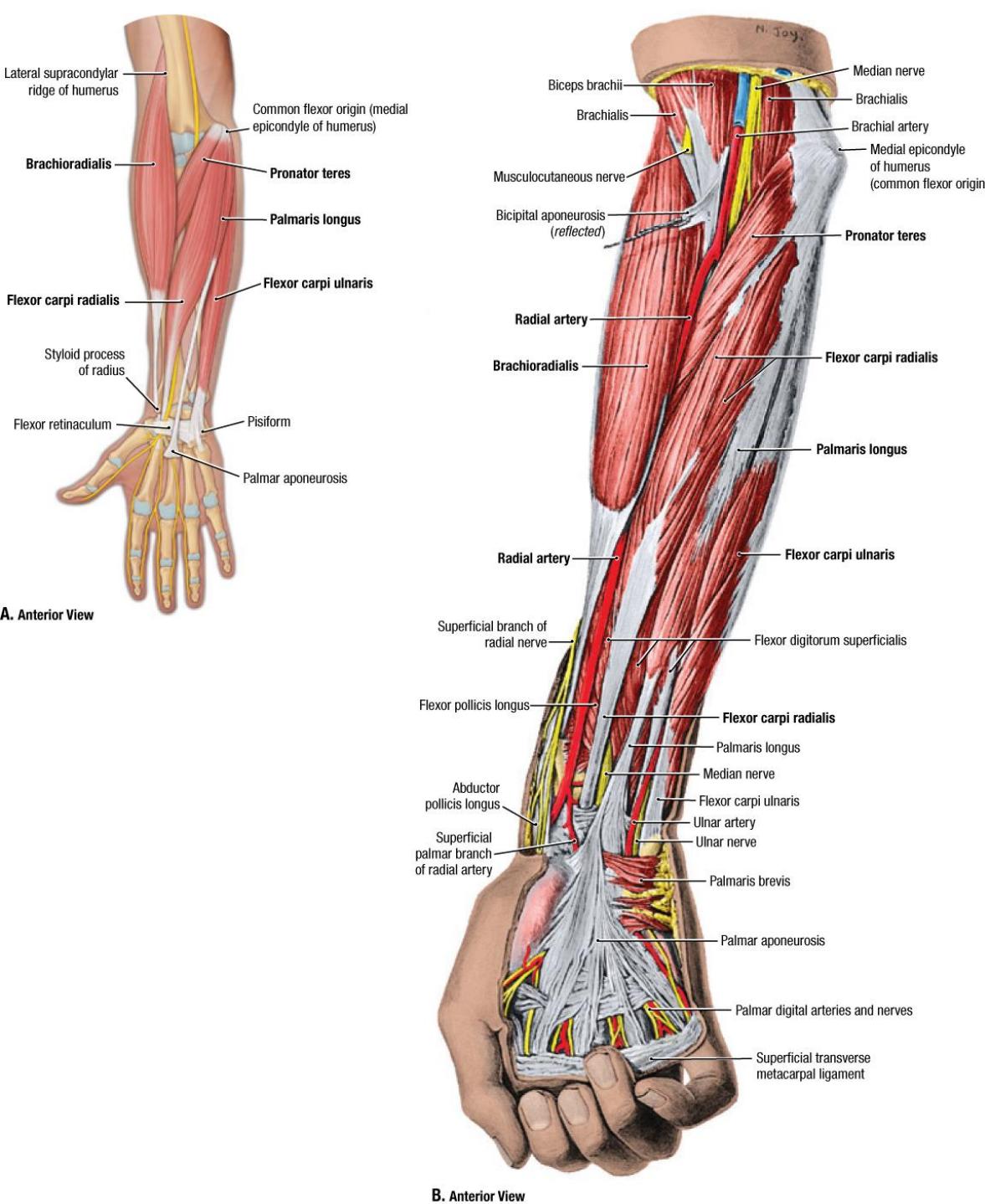
A. Posterior View



B. Posterior View

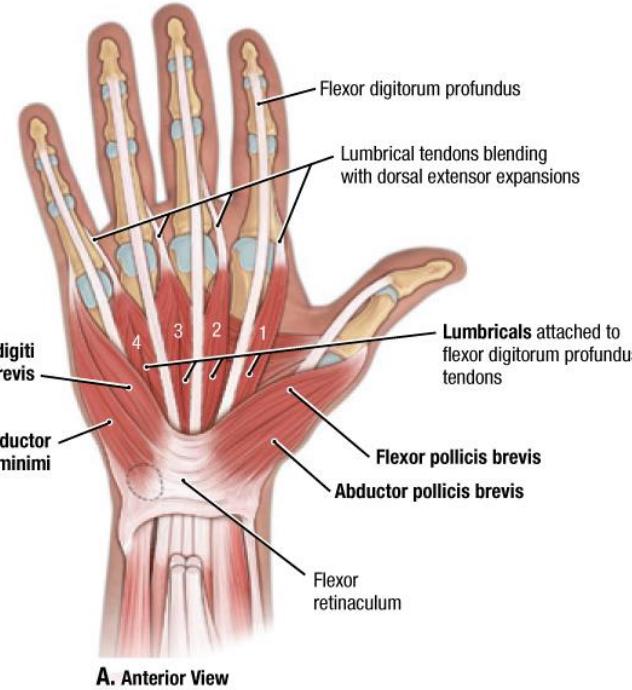
Elbow

- Epicondylopathy
 - Does NOT exist in isolation!
 - MET if you have all day
 - MFR if you dare
 - Soup can exercise
- Antecubital pain
 - Biceps brachii and brachialis insertion enthesopathy, contracted fibers
 - Extension limited 5+ degrees
 - MET: very difficult to affect barrier
 - MFR
 - Extension exercises
- Elbow clicking or popping
 - Radial head dysfunction
 - HVLA
 - MET

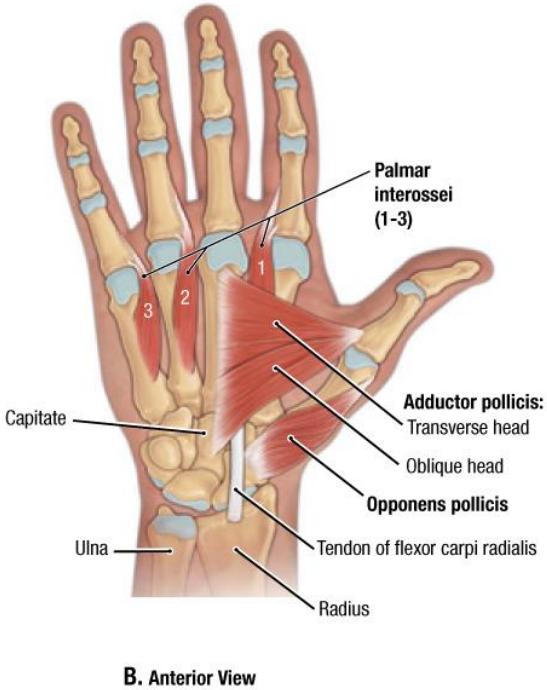


Forearm

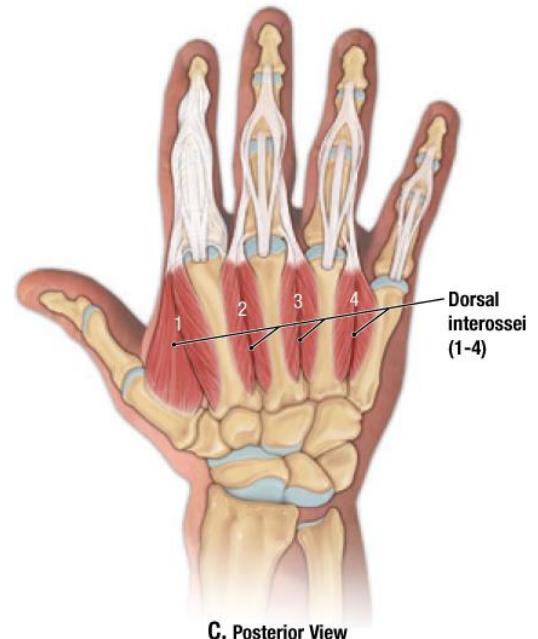
- Intrinsic pain uncommon
- Repetitive strains, e.g., athletic, occupational
- Flexor digitorum superficialis and profundus
 - Phone, steering wheel, mouse
 - MET
 - MFR
 - SCS
 - “Let go of your kung-fu grip”
- Interosseous strain
 - Rare torsional strain
 - Ligamentous etiology?
 - Pronator teres and quadratus
 - MFR
 - SCS



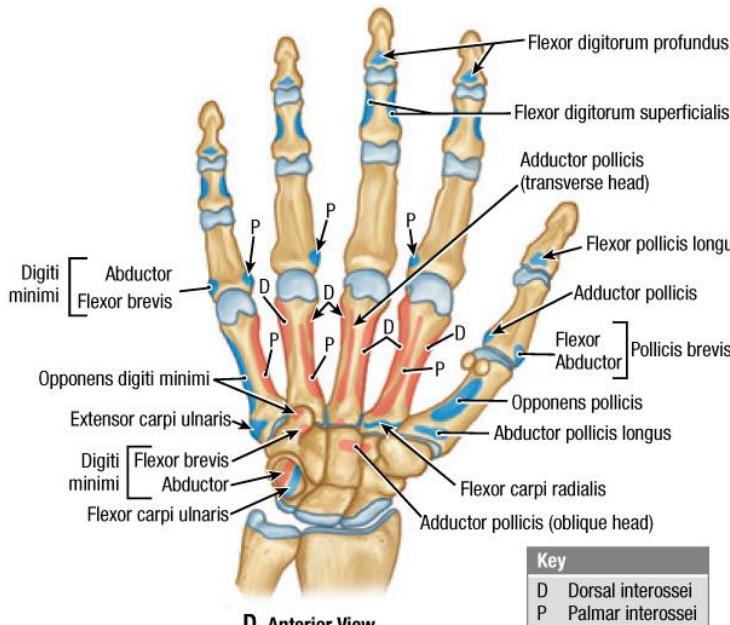
A. Anterior View



B. Anterior View

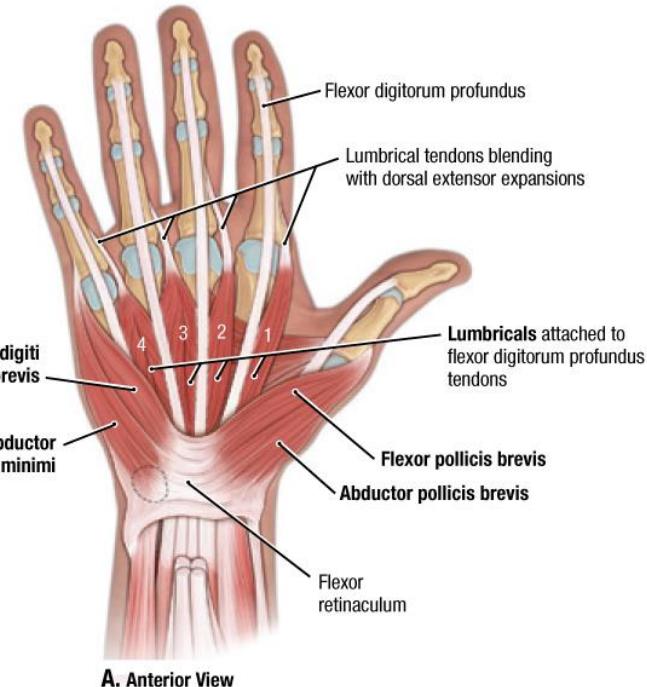


C. Posterior View



Wrist

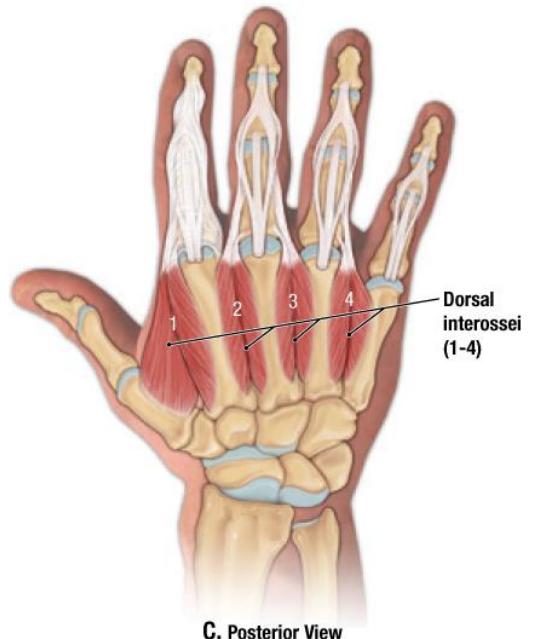
- Carpal pain
 - Weight-bearing, e.g., yoga, pushup
 - Compression etiology = traction treatment
 - MET with traction and activated ROM
 - HVLA with traction
 - Leaning traction ROM exercise
- Carpal tunnel syndrome
 - Only for mild or gestational cases?
 - MFR to retinaculum with extension
- Wrist popping without pain
 - Laxity, prior ligamentous sprain
 - OMT often ineffective
 - Strain prevention
 - Strengthen, tape, brace



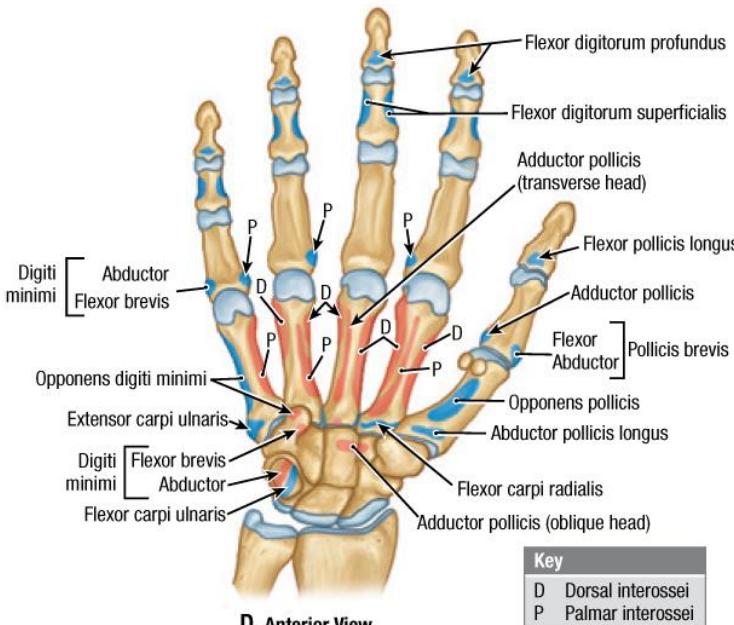
A. Anterior View



B. Anterior View

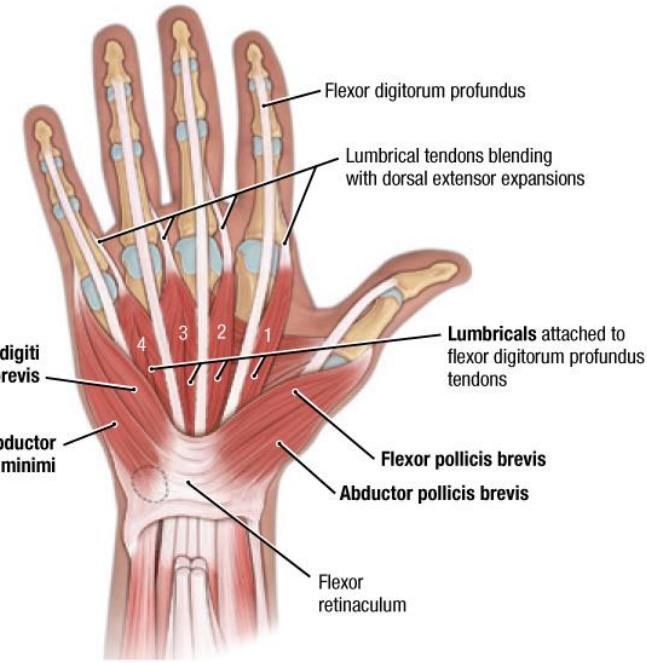


C. Posterior View

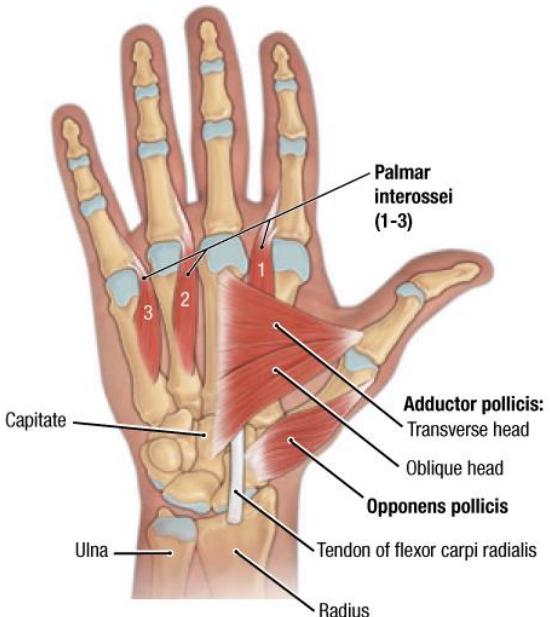


Hand

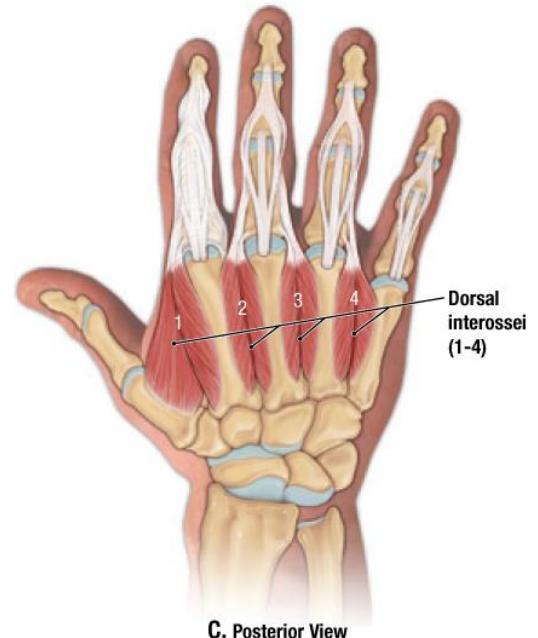
- MCP
 - HVLA
 - Joint play
- CMC
 - HVLA
 - Joint play
 - “Snuff box pop” and massage
- Flexor and adductor pollicis brevis
 - MET
 - MFR
 - “Thumb behind the rib stretch”



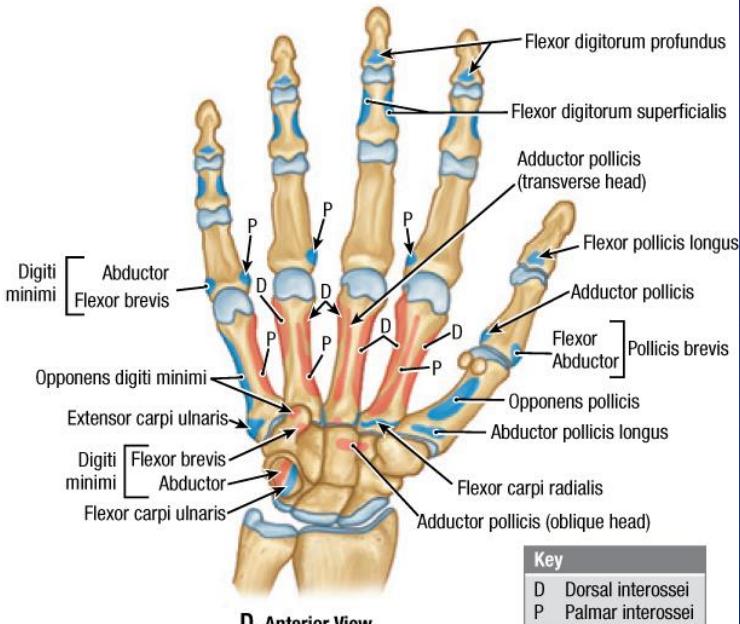
A. Anterior View



B. Anterior View



C. Posterior View



Fingers

- PIP, DIP
 - HVLA
 - Joint play
- Trigger finger?
- Ganglion cyst?