

Tenderness

Tenderizer

Tenderness is any pain that is elicited upon palpation that would not normally produce pain. This is the only diagnostic criteria that is not objective, as it requires patient feedback. Tenderness is more prominent in acute somatic dysfunction and less prominent in chronic somatic dysfunctions.

Considerations

Viscerosomatic Reflexes

Visor-sumo-tick with Reflex-hammer

Viscerosomatic reflex is a term for when autonomic input from the viscera causes somatic dysfunction. The term for this input by the autonomic nervous system onto the musculoskeletal system is dysautonomia. Detection of these reflexes is useful both as diagnostic criteria and as a therapeutic measure. It is important to know that the spinal cord levels of the visceral organs' preganglionic neurons correspond best with viscerosomatic reflexes.

Acute vs Chronic

Acute-angle vs Crone

Acute somatic dysfunction will often feel hypertonic, spasmodic, warm, erythematous, boggy, and/or edematous with apparent painful restriction of motion, uncompensated asymmetry and exquisite tenderness. Acute somatic dysfunction is uncommonly associated with viscerosomatic reflexes. Long standing, chronic somatic dysfunction will feel hypotonic, flaccid, pliable, cool, pale and/or stringy; there will be asymmetry but with compensation from other parts of the body, restrictions of range of motion and less tenderness to palpation than acute somatic dysfunction. Viscerosomatic reflexes are relatively common in chronic somatic dysfunctions.