Counterstrain: Anterior Rib Tender Points

Rib tender points are located both anteriorly and posteriorly. Anterior tender points are associated with depressed ribs, or exhalation dysfunction. The anterior tender point of rib 1 can be found just inferior to the clavicle, at the first costochondral junction. The anterior tender point of rib 2 is located at the midclavicular line of rib 2. The anterior tender points for ribs 3-10 are located at the axillary line of the corresponding rib. Treatment for the anterior tender points is performed by sidebending toward and rotating away from the side of dysfunction. Posterior rib tender points are associated with elevated ribs, or inhalation dysfunction. The tender point for rib 1 is located 1 centimeter lateral to the costotransverse junction, and the tender point for ribs 2-10 is located along the angle of the corresponding rib. Treatment for the posterior tender point of rib 1 is extension of the neck, sidebending away, and rotating toward the side of dysfunction. Treatment for the tender points of ribs 2-10 is sidebending and rotating away from the side of dysfunction. Remember, all counterstrain positions should be held for a minimum of 90 seconds, though 120 seconds is preferred for rib tender points.



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Anterior Tenderpoints

Depressed Ribs / Exhalation Dysfunction
Deflated Ribs
Depression of the ribs can be caused from a myriad of factors, including coughing, forceful exhalation, or an external pressure, like falling and injury to the ribs. These ribs can be palpated as inferior and posterior, and are associated with exhalation dysfunction. All anterior tender points are related to depressed ribs and exhalation dysfunction.

Rib 1: First Costochondral Junction Inferior to the Clavicle
Rib (1) Wand: Costo-condiments In-fur to Clavicle
The anterior tender point for rib one can be palpated on the first costochondral junction, inferior to the clavicle. This tender point can be palpated bilaterally.

Rib 2: Midclavicular Line of Rib 2
Rib (2): Middle-ages-clavical Line
The anterior tender point of Rib 2 can be palpated on the midclavicular line of rib 2, and can be palpated bilaterally.

Rib 3 - 10: Anterior Axillary Line of the Corresponding Rib
Rib (3) Tree to Rib (10): Anteater Axe Line of the Corresponding Rib
The anterior tender point of Ribs 3-10 can be palpated on the anterior axillary line of the corresponding rib. These can be palpated bilaterally.

Anterior Treatment

Sidebend Toward, Rotate Away (STRA)
STRAw
For anterior rib tender points, identify the tender point and quantify pain with the patient seated or supine. The patient is then positioned into ease by sidebending toward and rotating away from the tender point. Fine-tuning is performed until tenderness improves by at least 70%. Hold the position for 90 seconds minimum, though 120 seconds is often preferred for rib tender points. The patient is then slowly returned to neutral and reassessed.

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