Counterstrain: Anterior Lumbar Tender Points

Tender points are the areas of the body which correspond to dysfunction of the associated anatomical landmark. The anterior lumbar tender points are a series of tender points in the pelvic area that correspond to dysfunction of the lumbar spine. These tender points are treated with counterstrain in the supine and flexed position, moving the ankles to rotate the spine into the counterstrain position.



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Characteristics

L1: Medial to ASIS (Anterior Superior Iliac Spine)
(1) Wand: Metal to Super Island-bum on Spine Above
The anterior tender point for L1 is located medially to the anterior superior iliac spine. This tender point can be presented bilaterally, and the side with more discomfort is typically an indication of the rotation.

L2: Medial to AIIS (Anterior Inferior Iliac Spine)
(2) Tutu: Metal to In-fur Island-bum on Spine Below
The anterior tender point for L2 is located medially to the anterior inferior iliac spine, which is inferior and slightly medial to the anterior superior iliac spine. This can also be palpated bilaterally, and the side of the pain indicates the direction of rotation in the dysfunction

L3: Lateral to AIIS (Anterior Inferior Iliac Spine)
(3) Tree: Ladder to Inferior Island-bum on Spine Below
The anterior tender point for L3 is located just laterally to the Anterior inferior iliac spine, approximately 1 inch laterally to the tender point of L2. It can be palpated bilaterally.

L4: Inferior to AIIS (Anterior Inferior Iliac Spine)
(4) Fork: In-fur to Inferior Island-bum on Spine Below
The anterior tender point of L4 is inferior to the anterior inferior iliac spine. It is inferior and slightly medial to the anterior tender point of L3. This can be palpated bilaterally.

L5: One Centimeter Lateral to Pubic Symphysis
(5) Hand: One Cent Ladder to Pubic Symphony
The anterior tender point for L5 is one centimeter laterally to the pubic symphysis. It is found on the superior ramus. This tender point can be palpated bilaterally.

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