

## SUMMARY OF THORACIC SPINE AND RIBS DIAGNOSTIC CRITERIA AND PT MANAGEMENT STRATEGIES

DISORDER	HISTORY	PHYSICAL EXAM	PT MANAGEMENT
<p>“Thoracic Facet Syndrome”</p> <p>847.1    onov = 4 or less           mnov = 12</p>	<p>Mid back pain – usually perceived inferior and lateral to the involved segment</p> <p>Sx’s precipitated by an identifiable mechanical stress (e.g., trauma, strain, awkward movement, or prolonged static posture)</p>	<p>Pain increases at end range of one particular movement</p> <p>Palpable asymmetry of adjacent TP’s in T-spine flexion or extension</p> <p>SR with unilateral PA pressures on the involved segment</p>	<p>Segmental STM and C/R</p> <p>Joint mob/manip</p> <p>Ther Ex’s</p>
<p>“Rib Dysfunction”</p> <p>733.6    onov = 4 or less           mnov = 12</p>	<p>Lateral or anterior chest wall pain</p> <p>Often precipitated by blunt trauma to the thorax – or – coughing/sneezing</p> <p>Pain worsens w/respiratory movements (e.g., deep breath or cough)</p>	<p>Palpable asymmetrical position of rib</p> <p>SR with AP or PA glides of the involved rib</p> <p>Palpation/provocation of the intercostal myofascia and/or iliocostalis insertion at rib angle</p>	<p>Segmental STM and C/R</p> <p>Joint mob/manip</p> <p>Ther Ex’s</p>
<p>“Dural Adhesion”</p> <p>724.2    onov = 4 or less           mnov = 12</p>	<p>Diffuse and multiple areas of symptoms Pain and paresthesias associated with pro-longed long sitting or flexed positions</p> <p>May report ANS symptomatology</p>	<p>SR with slump testing</p> <p>Nerve mobility deficits with LLTTs or ULTTs</p>	<p>STM, Joint mob/manip, Ther Ex to areas of potential spinal and peripheral nerve entrapments</p> <p>Slump/nerve mobility ex’s</p>
<p>Chest Wall Contusion</p> <p>922.1    onov = 4 or less           mnov = 12</p>	<p>Chest wall/thorax pain</p> <p>Blunt trauma or fall onto chest wall</p>	<p>SR with contraction of involved myofascia</p> <p>End range stretch to the involved myofascia and joints</p> <p>Provocation of the involved myofascia and joints</p>	<p>If acute: P.R.I.C.E. instructions</p> <p>Ther Ex’s (including breathing ex’s)</p> <p>STM/Joint mob if needed to restore normal motion when subacute</p>

onov = optimal number of visits  
mnov = maximal number of visits  
SR = Symptom Reproduction