

Treatment for Asthma

Health History Questions

Testing:

- Active ROM, Passive ROM, Restricted ROM
- Measurement of the thoracic cavity
- Active, resisted strength testing for the muscle of the shoulder girdle and abdominals may be performed assessing for possible weakness
- Rib motion testing
- Vocal fremitus

Treatment

- Prone position to begin with
- Pillows under abdomen and ankles
- Diaphragmatic breathing- VIP
- Small towels are placed under the shoulders if they are protracted
 - **HYDRO:**
 - Heat over the lower posterior intercostal
 - If mucus present, 5 minute steam...NO LONGER
 - If supine, heat to pec major (one side at a time)

Specific Treatment

- **Muscles to be treated:**
 - Latissimus Dorsi
 - Lower intercostal
 - Q.L
 - Levator
 - Traps
 - Serratus Anterior
 - Erectors
 - Spinal gutter
- **Techniques used:**
 - Skin rolling
 - Cutting
 - Fascial spreading
 - Trigger points are addressed in muscles above
 - Joint play of thoracic spine
 - Oscillation joint play to Sps
 - Rib springing
 - Tapotment (light, can induce an attack)
 - Recoil (See text book pg. 906)
- **Client supine:**
 - Pillow under knees
 - Perform pec massage including the sternum

- Cutting, fascial stripping, skin rolling. Remember to work within the pain tolerance of the client
- Skin rolling over lower/anterior ribs and abdominal attachments
- Skin rolling over abdomen
- Cutting technique to intercostals, xiphoid process to lateral ribs
- Treat diaphragmatic attachments then perform a diaphragmatic release
- **Treat:** (With GTO release, FTK, Muscle stripping)
 - Pec major/ minor
 - Serratus anterior
 - Intercostals
 - Abdominals
 - Scalenes
 - SCM
 - Sub occipitals
 - Posterior cervical muscles
- Eff to shoulder and neck muscles
- Postural drainage if needed (prone or side-lying)