



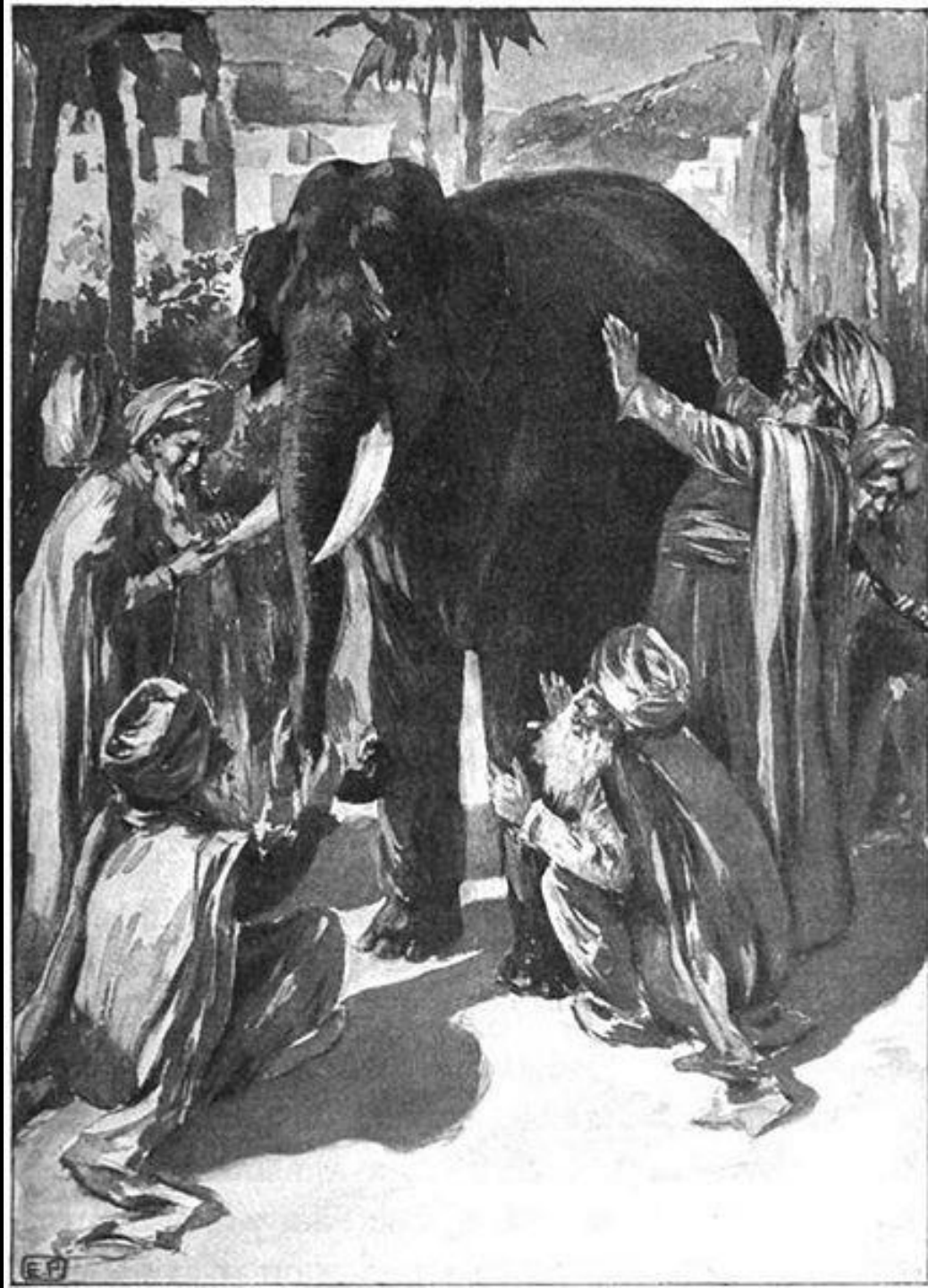
Mr Steve August

Physiotherapist

Dunedin

Saturday, June 10, 2017

17:00 - 17:30 iHunch - A Common Neck and Back Problem















Jeremy



Mum



Dad



Hector

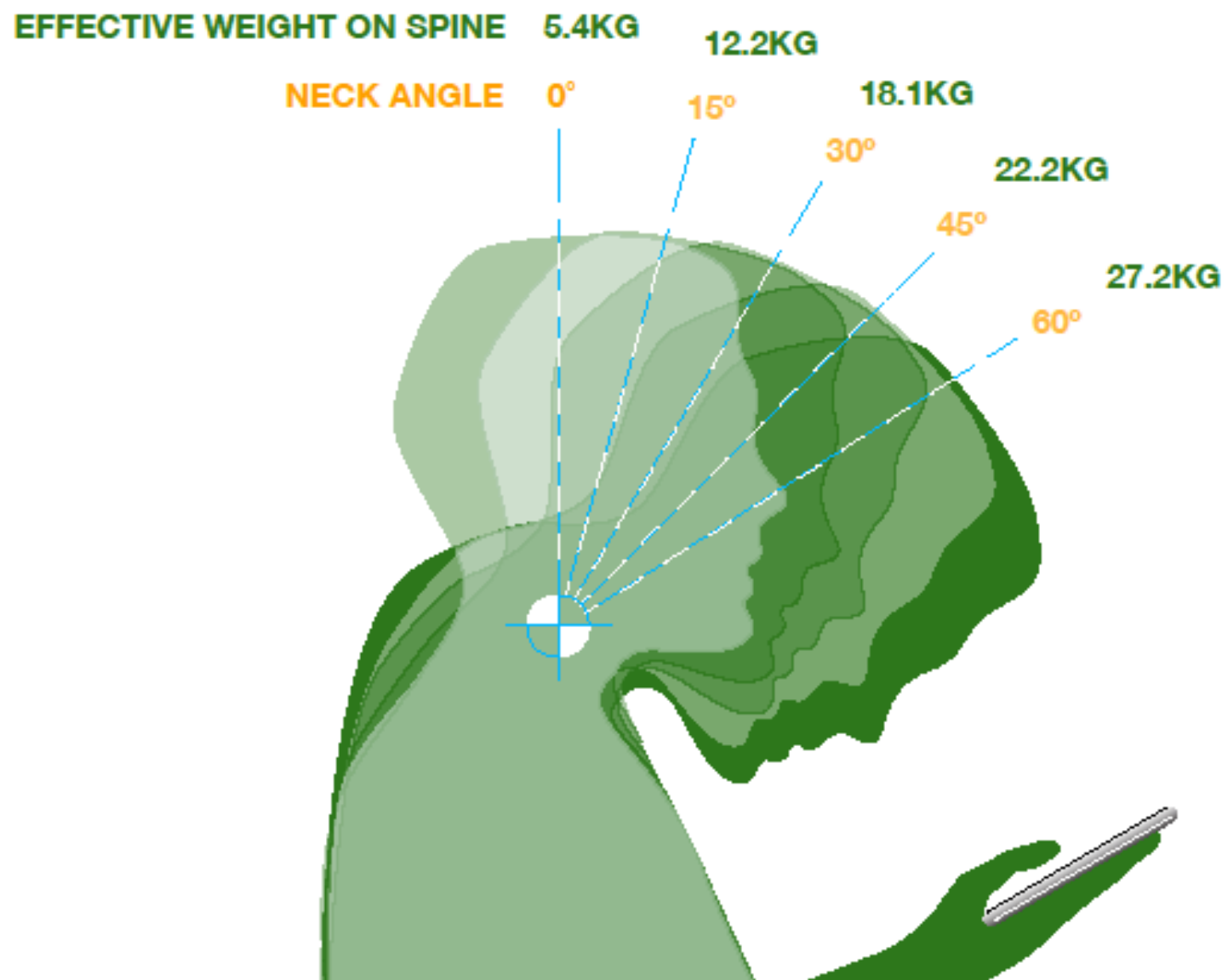


Sara



Pierce







The iHunch

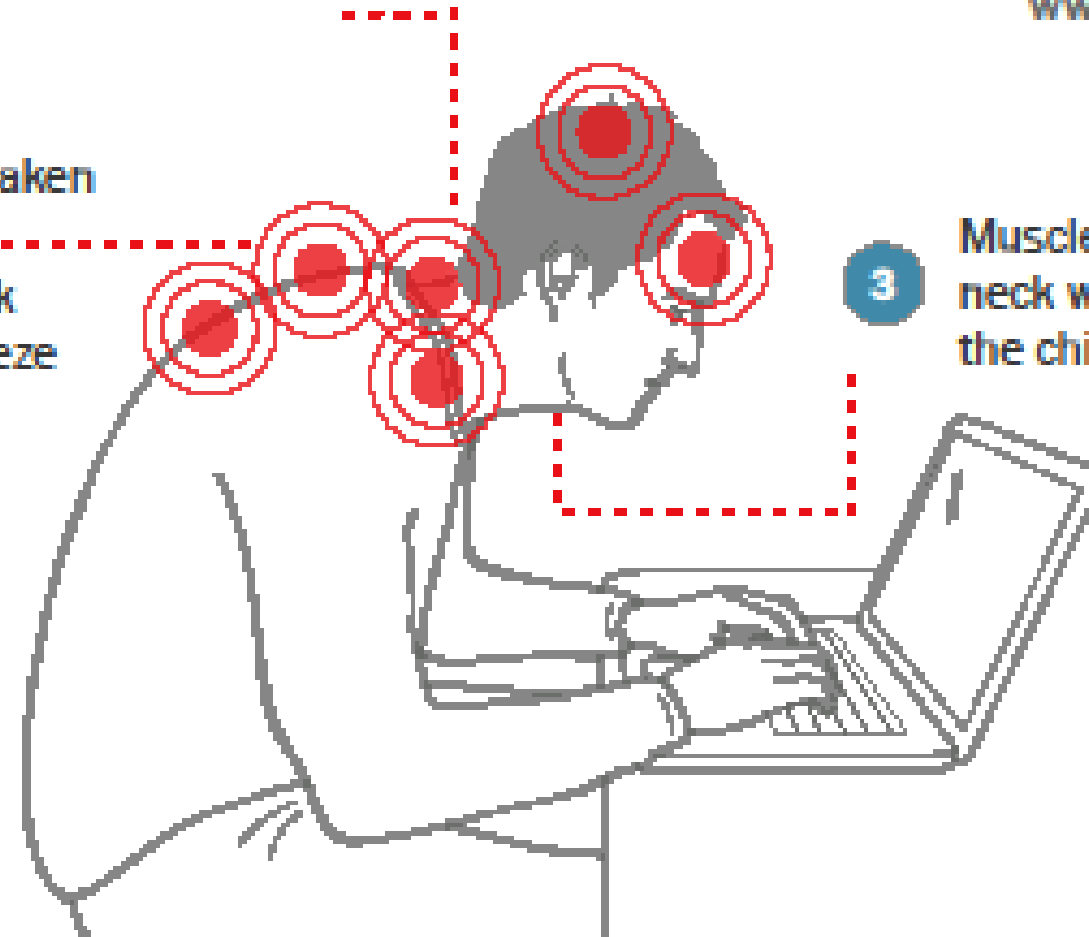
www.backpod.co.nz

2 Overworked muscles down the back of the neck strengthen, strain, scar and shorten

1 Middle/lower back support muscles weaken

4 Hunched upper back joints eventually freeze

3 Muscles around the front of the neck work less and weaken, so the chin pokes out



Result - every apophyseal joint in the neck is compressed, predisposing to acute pain episodes, joint locking, cervicogenic headache, foraminal nerve root impingement and/or referred arm symptoms.

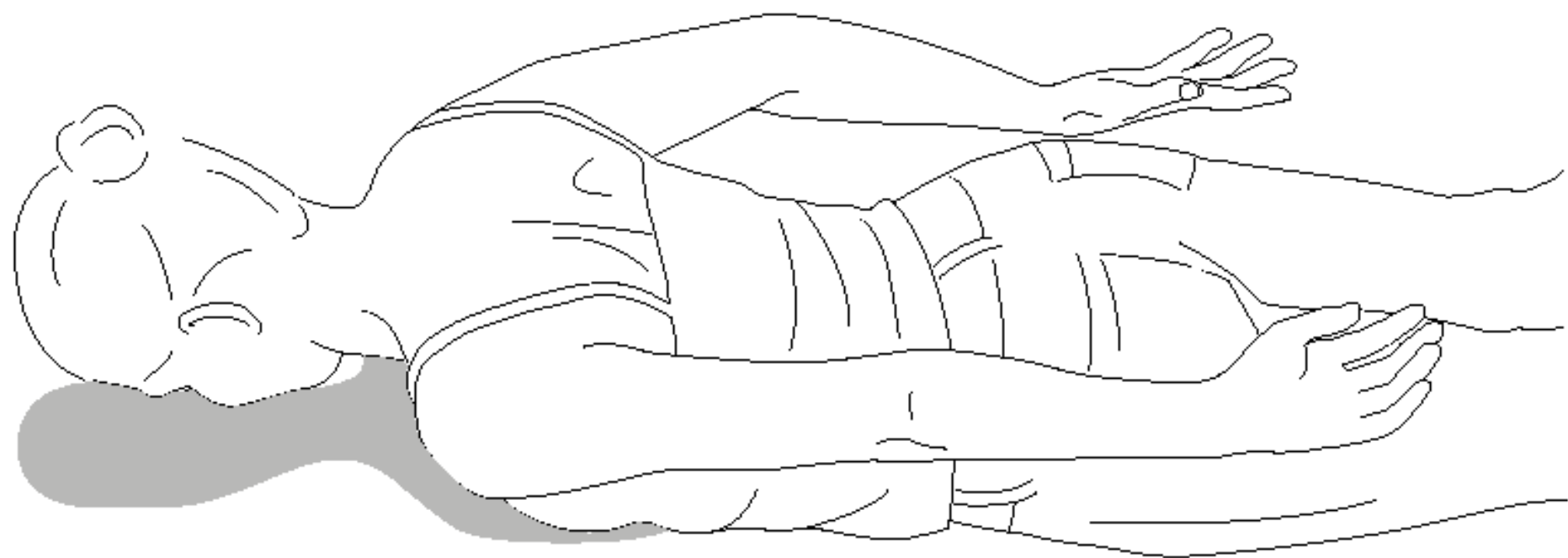




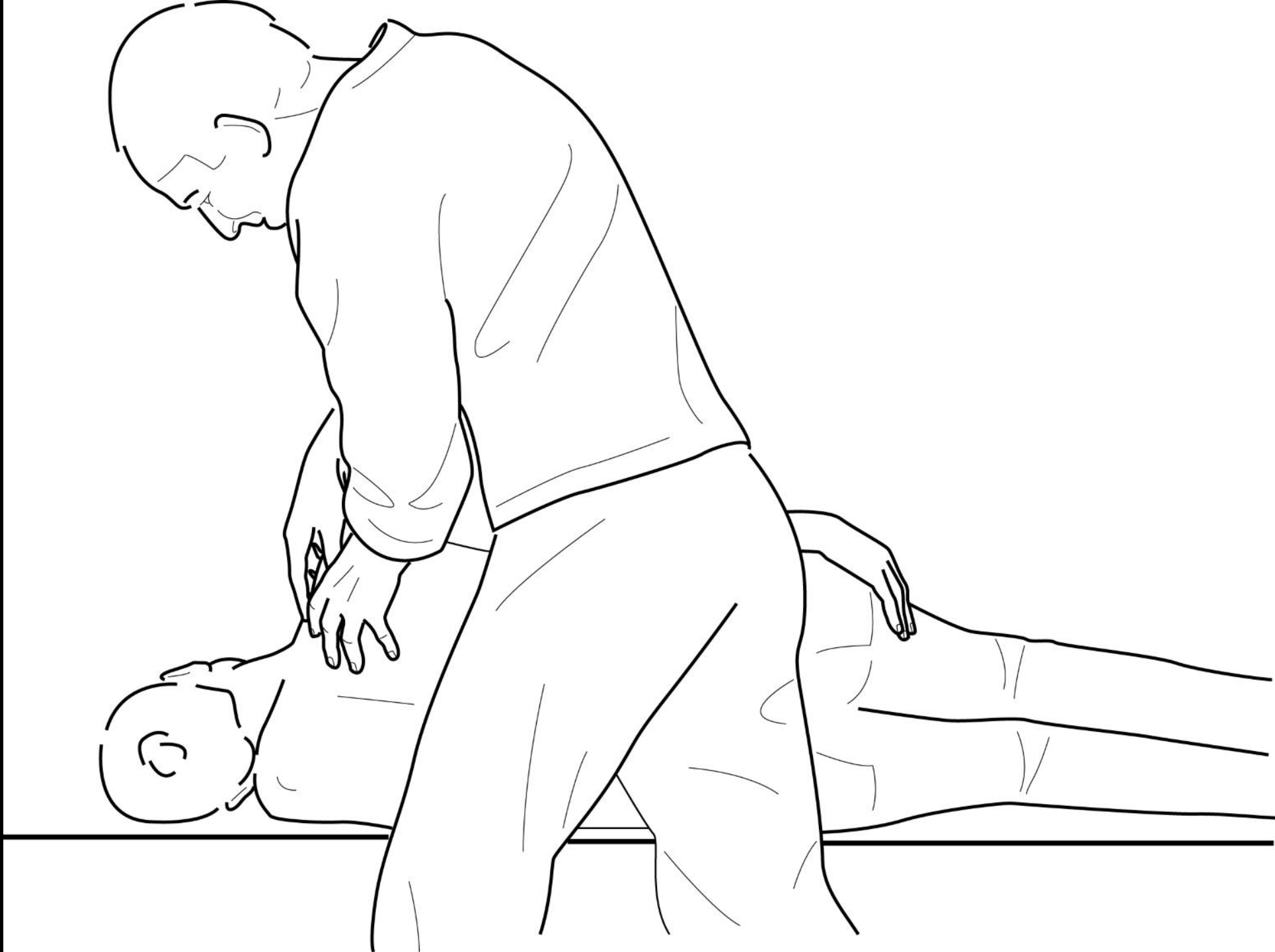












The iHunch

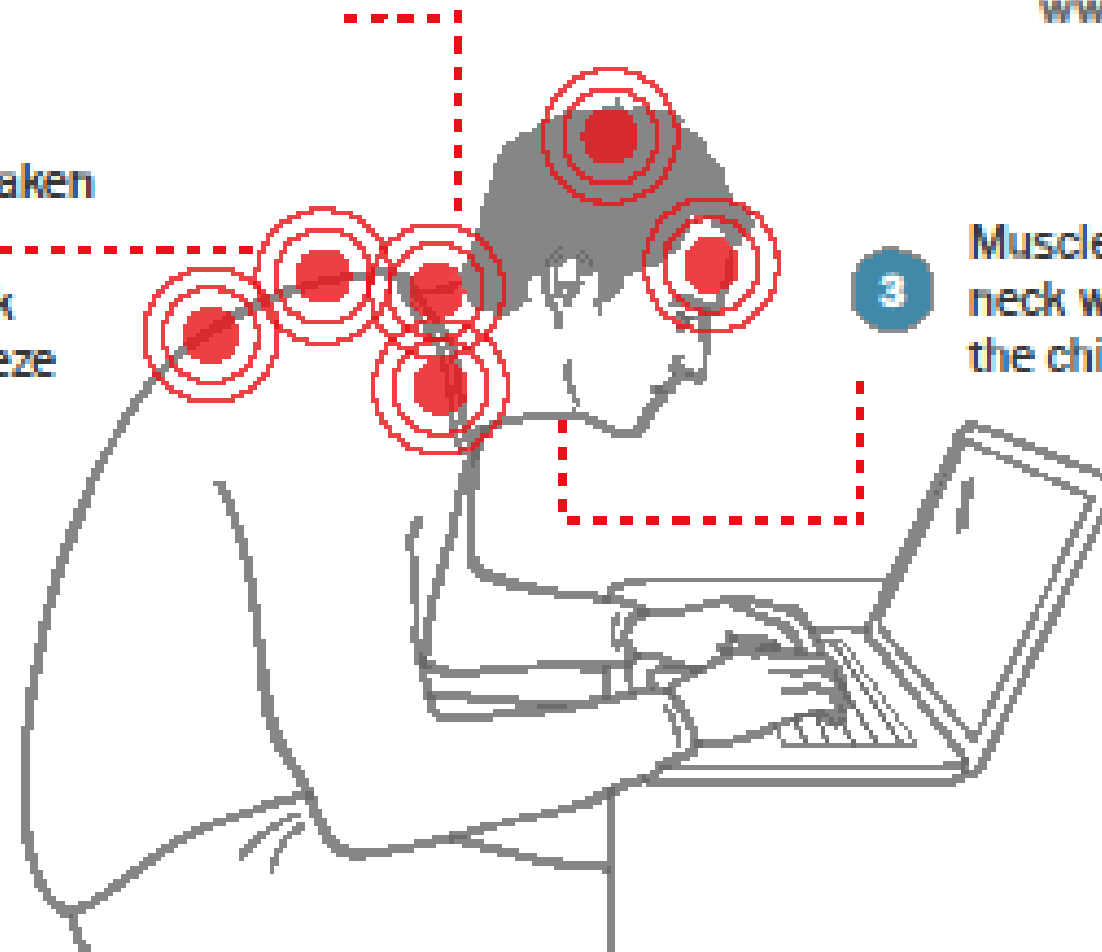
www.backpod.co.nz

2 Overworked muscles down the back of the neck strengthen, strain, scar and shorten

1 Middle/lower back support muscles weaken

4 Hunched upper back joints eventually freeze

3 Muscles around the front of the neck work less and weaken, so the chin pokes out



Result - every apophyseal joint in the neck is compressed, predisposing to acute pain episodes, joint locking, cervicogenic headache, foraminal nerve root impingement and/or referred arm symptoms.

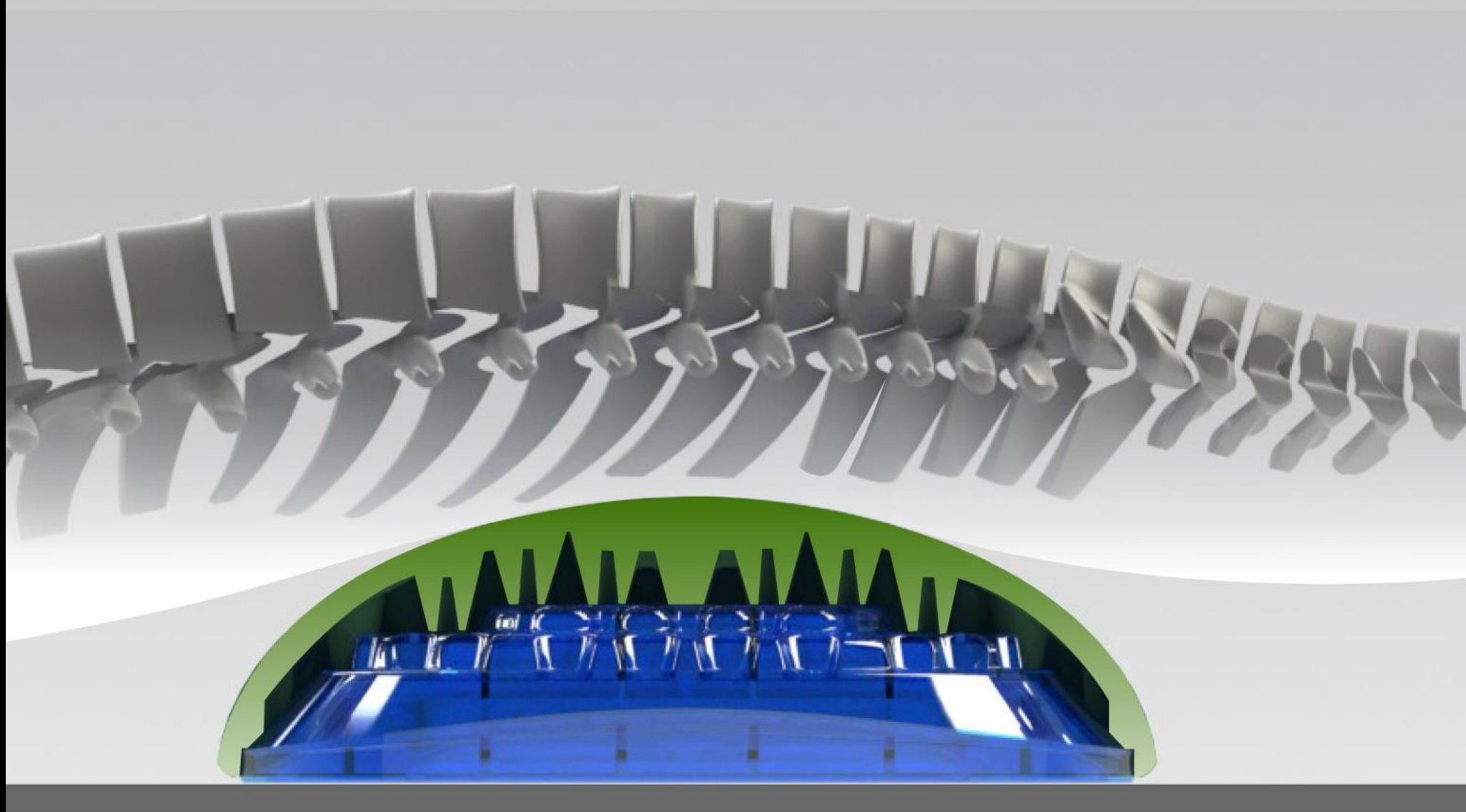


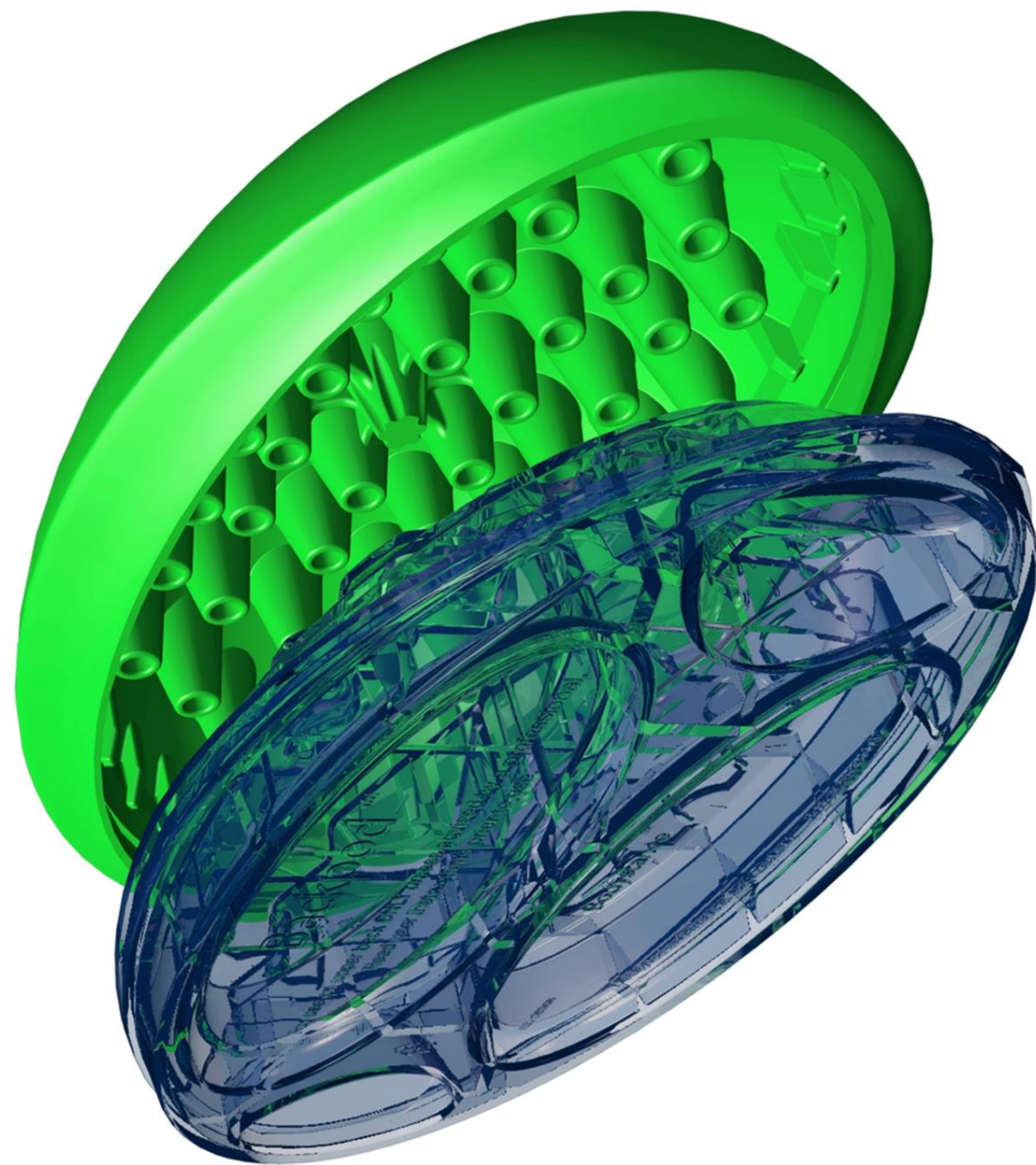


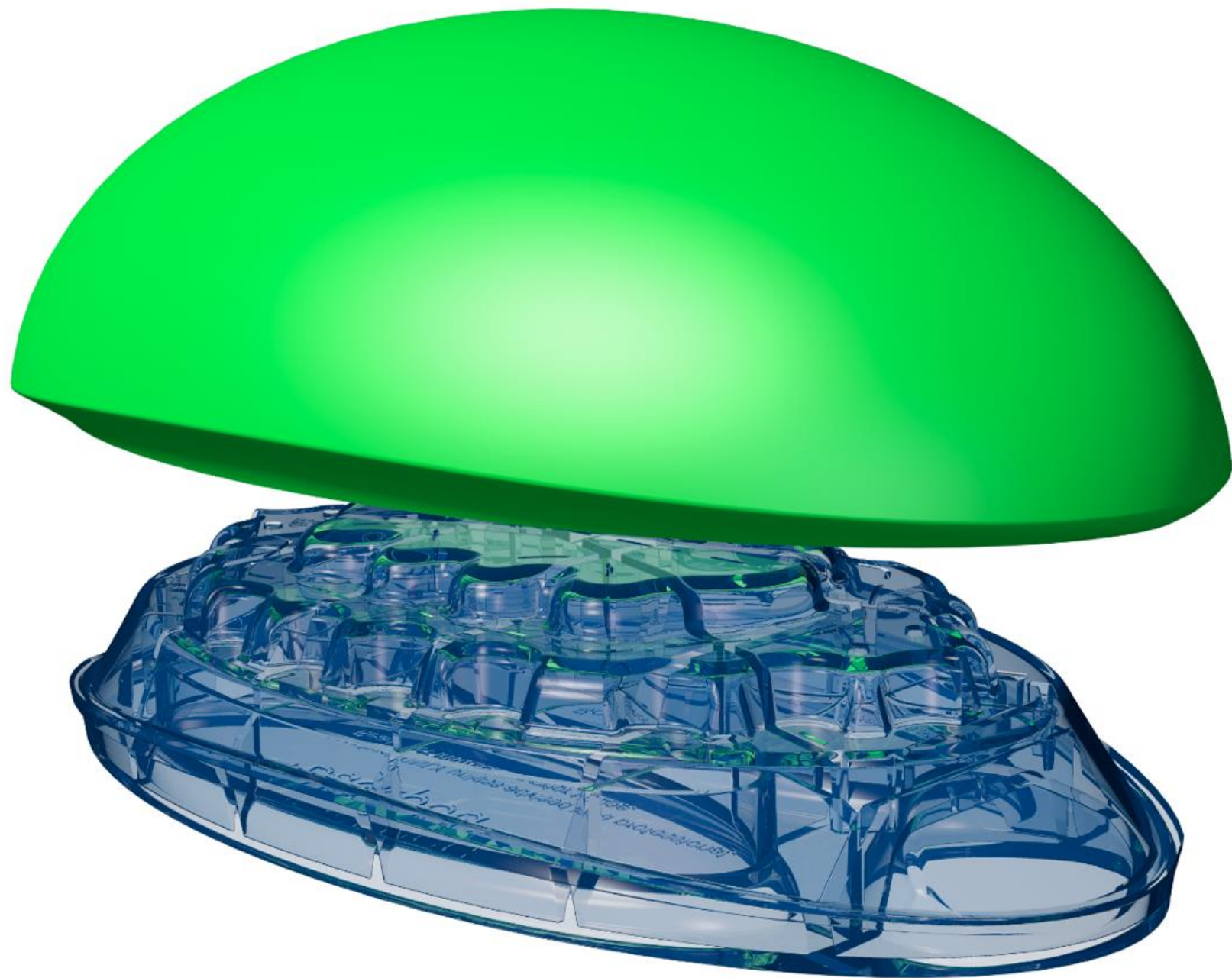
© 2009 American College of Rheumatology





















Costovertebral joints:

Participants
in joint
of head
of rib

Body of vertebra
superior to rib
Intervertebral disc
Head of rib (crest)
Body of vertebra
of same number
as rib

Costo-
transverse
joint

Tubercle of rib
Transverse process
of vertebra of same
number as rib 7

Axis of rib rotation

Elevation

Depression

Left posterolateral view

Superior
articular facets

Costal demifacet
for head of 6th rib

Articular facet for
tubercle of 6th rib

Transverse processes
of T7 vertebra

Spinous processes
of T6 vertebra

T6

T7

7th rib

FIGURE 1.5. Costovertebral articulations of a typical rib. The costovertebral joints include the joint of head of rib, in which the head articulates with two adjacent vertebral bodies and the intervertebral disc between them, and the costotransverse joint, in which the tubercle of the rib articulates with the transverse process of a vertebra. The rib moves (elevates and depresses) around an axis that traverses the head and neck of the rib (arrows).









Rib Pain