

Knees-One-Way-Nose-Other Rib Exploration

TESTS BK on back Table does 1-5 Stool observes

1. Tilted BK side to end range. a) simultaneously nose opp. Where is the twist? Where does the movement begin? b) tilt knees and let head be rotated opposite at end of move. Where is the twist? Where does the movement begin? c) cross one knee over other and repeat a & b. How is the twist different? d) table chooses easiest side.

2. Repeat chosen side and tilt BK so slow feel moment neck/head starts to be moved opp.

3. Repeat. Now feel moment shoulder and shoulder blade become engaged.

4. Repeat. Now feel when same side ribs (as nose turns) become engaged. What directions do they move?

5. Compare 1-4 with knees tilting other way.

STOOL TOUCHES

1. Table repeats first move on chosen side. Knees tilted one way/head the other **Stool will follow with hands on ribs Anterior and Posterior. Then Stool will work on ribs and vertebrae as head is turned the other way.**

a) As table begins move, as ribs move, **just following**. First with whole palms and then following individual ribs with finger pads. Then finger pads in ceiling side of spinal groove, then table side.

b) Table is already rested into end range of move/**indirect** the rotated position of ribs and vertebrae (first palm, then finger pads on ribs, then spinal groove.) **WHEN USING INDIRECT, SEARCH FOR WHERE YOUR COMPRESSION OF A BONE SPREADS AWARENESS AND MOVEMENT TO ATTACHED OR NEIGHBORING BONES AND OTHER TISSUES FEELING IT AND OBSERVING HOW TABLE IS BEING MOVED.**

c) **follow**, then **indirect** at end range.

d) Then repeat a b c with one knee crossed over the other. Gives you greater access to upper vertebrae and ribs.

e) Then **STOOL** does **R1 DIAGONAL** same side.

1. Table rests on back. Feel differences. Reports to stool.

3. Repeat the tests 1-4 slowly. Feel differences.

4. Tilt knees new way. Compare to worked diagonal. Reports. Stands. Walks.

5. Stool repeat all other side.

6. Table Alternates knees one way, nose other.

7. Alternate knees one way, nose other
8. roller under knees ? Stool does R1 DIAGONAL, first each side, then both sides at once. Integrates head and weight-bearing.

RI DIAGONAL (Explore following R1 as Table tilts knees one way/head the other. Then as Table has knees bent.)

1. Light fist of one hand / backs of fingers from knuckles to closest joint firmly **connects** with first rib near base of neck. **Compress downward only until your knuckles and table's first rib are one. Wait clearly at barrier.**
2. Slowly compress downward thru chest, thru ribs, to opposite hip socket and down that leg and releases compression and repeat (either with not breaking contact or removing contact and letting table rest first)
3. Variation - down same side hip and leg.