

# *DMU Osteopathic Self-Treatment for Common Clinical Presentations*

Access Full Handout and Video: <https://www.dmu.edu/covid-19/exercises/>

<i>OST for Common Clinical Presentations</i>	<i>(pages in the handout)</i>
<b>I. Head or Neck Pain</b>	
<input type="checkbox"/> Thoracic Inlet .....	3 or 4
<input type="checkbox"/> OA.....	6
<input type="checkbox"/> AA .....	7
<input type="checkbox"/> Sternocleidomastoid .....	8
<input type="checkbox"/> Levator Scapula .....	9
<input type="checkbox"/> Upper Trapezius.....	10
<input type="checkbox"/> Head-Neck Posture Training .....	11
<input type="checkbox"/> Gentle Self-Massage of the Neck/Upper shoulders .....	12
<b>II. Respiratory Complaints</b>	
<input type="checkbox"/> Thoracic Inlet.....	3 or 4
<input type="checkbox"/> OA.....	6
<input type="checkbox"/> AA .....	7
<input type="checkbox"/> Quadratus Lumborum muscle stretch .....	5
<input type="checkbox"/> Latissimus Dorsi muscle stretch .....	13
<input type="checkbox"/> Spinal Stimulation .....	16
<input type="checkbox"/> Thoracolumbar stretch .....	18
<input type="checkbox"/> Self-pedal pump .....	21
<input type="checkbox"/> Box Breathing.....	22
<b>III. Low Back Pain</b>	
<input type="checkbox"/> Quadratus Lumborum muscle stretch .....	5
<input type="checkbox"/> Latissimus Dorsi muscle stretch.....	13
<input type="checkbox"/> Front of hip (Psoas) Muscle Stretch .....	14
<input type="checkbox"/> Face down (Psoas) Press-up .....	15
<input type="checkbox"/> Bottom of Spine (Lumbosacral Junction) .....	17
<input type="checkbox"/> Bottom of Rib cage (Thoracolumbar Junction) .....	18
<input type="checkbox"/> Knee to chest .....	19
<input type="checkbox"/> Spine to Hip (Piriformis) muscle stretch.....	20

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