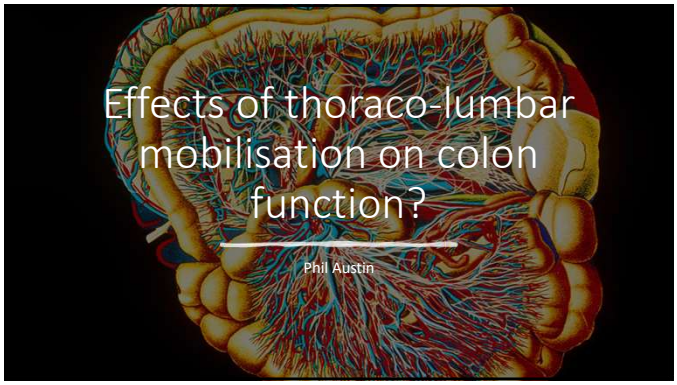
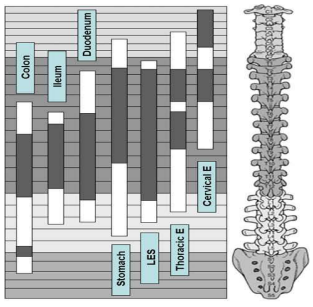


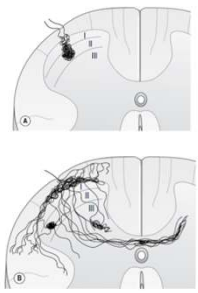
1

Daily life Considerations

- **Posture**
  - ➢ + prolonged sitting (slouched)
  - ➢Weak posterior chain muscles
  - ➢Thoracic kyphosis/rib depression
- **Somatic dysfunction**
  - ➢SIJ
  - ➢Iliopsoas
  - ➢Thoraco-lumbar junction
  - ➢Thoraco-lumbar fascia
  - ➢ribs

2





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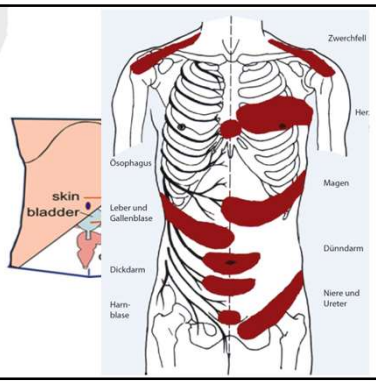
3

The reverse is more common

Viscero-somatic convergence

- >90% of DH respond to visceral/somatic stimuli
- WDRNs (2nd order) receive convergent inputs
- Pain is perceived in the body wall
- NB case Hx required to differentiate

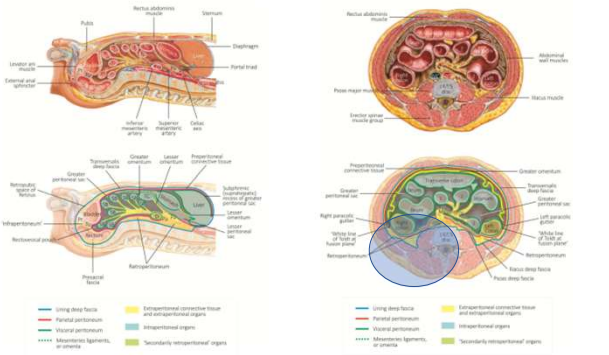


4

Anatomical considerations

	Anterior	Posterior	More
Ascending colon	• Small intestine • Greater omentum • Anterior abdominal wall	• Iliacus and quadratus lumborum • Right kidney • Iliohypogastric and ilioinguinal nerves	• Lower ribs (+CV joints) • TL fascia • Lateral abdominals • diaphragm
Transverse colon	• Greater omentum • Anterior abdominal wall	• Duodenum • Head of the pancreas • Jejunum and ileum	• hepatic/splenic flexures • Lwr ribs • diaphragm
Descending colon	• Small intestine • Greater omentum • Anterior abdominal wall	• Iliacus and quadratus lumborum • Left kidney • Iliohypogastric and ilioinguinal nerves	• Lower ribs (+CV joints) • TL fascia • Lateral abdominals • diaphragm
Sigmoid colon	• Urinary bladder • Uterus and upper vagina (females only)	• Rectum • Sacrum • Ileum	• Left SIJ • Lt Ilio-psoas

5



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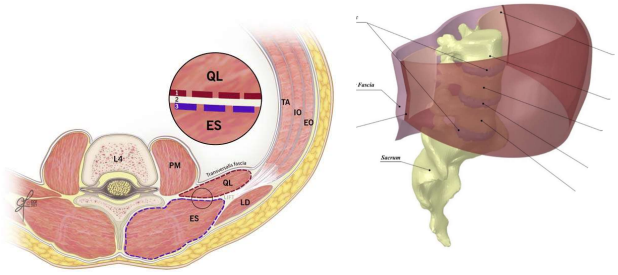
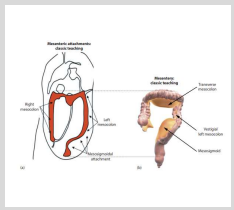
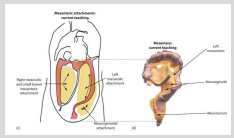


Thoracolumbar fascia

7

Mesentery: Classic & Current knowledge





Coffey JC, Lavery I, Sehgal R, Walsh D. Mesenteric Principles of Gastrointestinal Surgery. Francis & Taylor 2017

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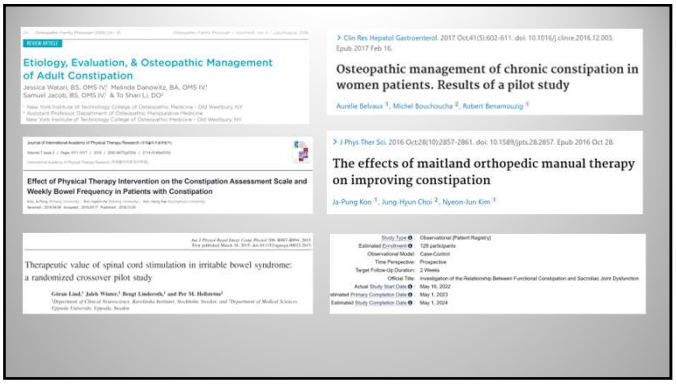

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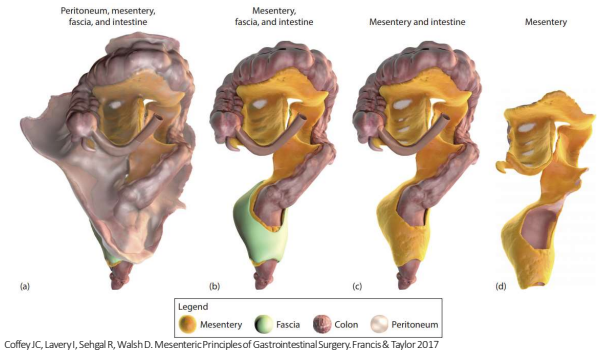

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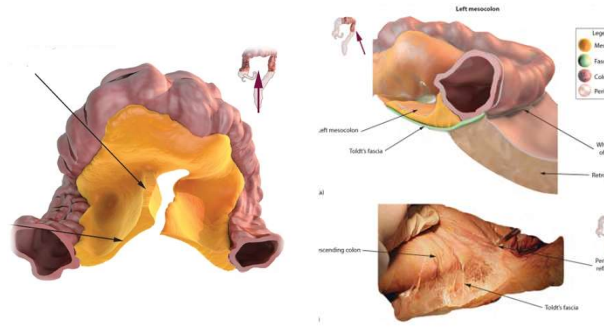

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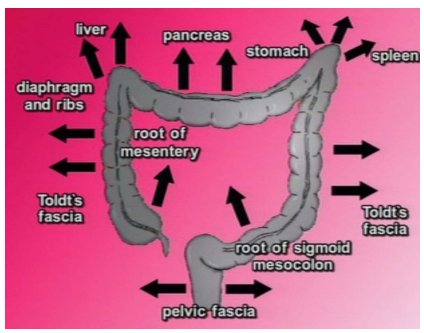
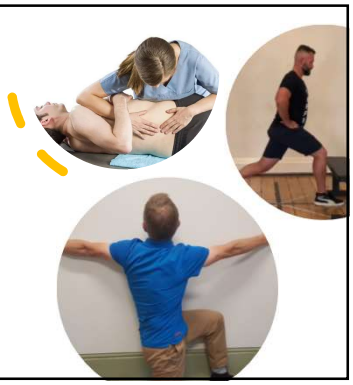


JP Barral

12

Treatment considerations

OMT	Exercise
Lumbar and lwr thoracic spine Lower ribs (+CV joints) SIJs Thoraco-lumbar fascia Lateral abdominals	spinal mobility posterior muscle chain strength/flexibility Iliopsoas flexibility Lateral abdominal muscle



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