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**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

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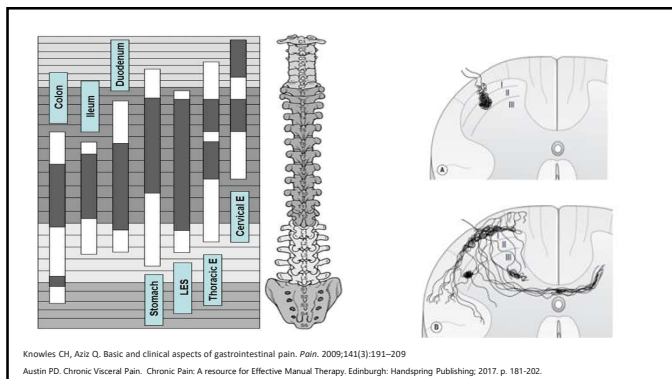
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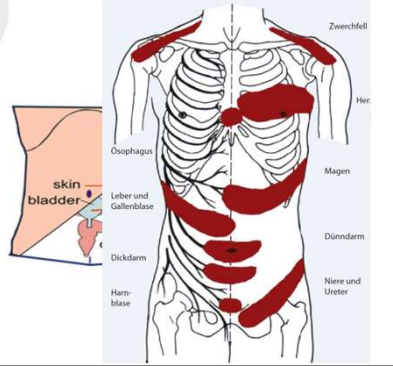
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### The reverse is more common

#### Viscero-somatic convergence

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




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### Anatomical considerations

	Anterior	Posterior	Ribs
Ascending colon	<ul style="list-style-type: none"> <li>• Small intestine</li> <li>• Greater omentum</li> <li>• Anterior abdominal wall</li> </ul>	<ul style="list-style-type: none"> <li>• Iliacus and quadratus lumborum</li> <li>• Right kidney</li> <li>• Iliohypogastric and ilioinguinal nerves</li> </ul>	<ul style="list-style-type: none"> <li>• Lower ribs (+CV joints)</li> <li>• T1 fascia</li> <li>• Lateral abdominals</li> <li>• diaphragm</li> </ul>
Transverse colon	<ul style="list-style-type: none"> <li>• Greater omentum</li> <li>• Anterior abdominal wall</li> </ul>	<ul style="list-style-type: none"> <li>• Duodenum</li> <li>• Head of the pancreas</li> <li>• Jejunum and ileum</li> </ul>	<ul style="list-style-type: none"> <li>• hepatic/splenic flexures</li> <li>• Liver ribs</li> <li>• diaphragm</li> </ul>
Descending colon	<ul style="list-style-type: none"> <li>• Small intestine</li> <li>• Greater omentum</li> <li>• Anterior abdominal wall</li> </ul>	<ul style="list-style-type: none"> <li>• Iliacus and quadratus lumborum</li> <li>• Left kidney</li> <li>• Iliohypogastric and ilioinguinal nerves</li> </ul>	<ul style="list-style-type: none"> <li>• Lower ribs (+CV joints)</li> <li>• T1 fascia</li> <li>• Lateral abdominals</li> <li>• diaphragm</li> </ul>
Sigmoid colon	<ul style="list-style-type: none"> <li>• Urinary bladder</li> <li>• Uterus and upper vagina (females only)</li> </ul>	<ul style="list-style-type: none"> <li>• Rectum</li> <li>• Sacrum</li> <li>• Ileum</li> </ul>	<ul style="list-style-type: none"> <li>• Left SI</li> <li>• Lt ilio-psoas</li> </ul>

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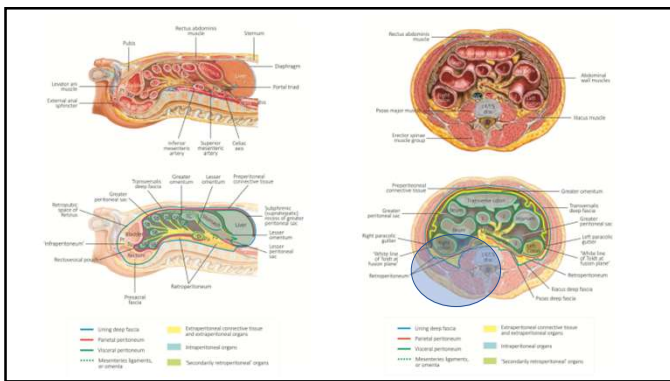
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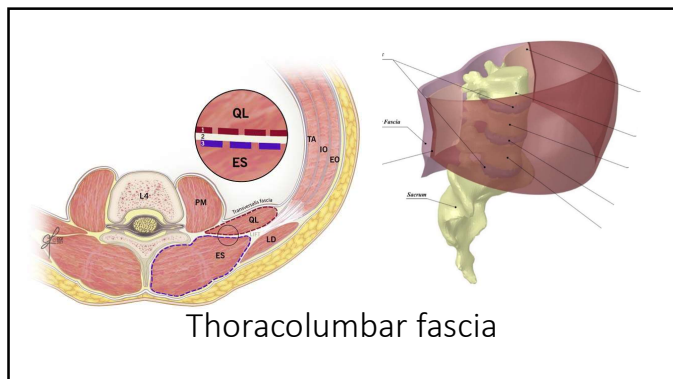
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Thoracolumbar fascia

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Mesentery: Classic & Current knowledge

Clifford J.C. Leary, L. Seigel, R. Walsh D. Mesenteric Principles of Gastrointestinal Surgery, Fennell & Taylor 2017

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**Etiology, Evaluation, & Osteopathic Management of Adult Constipation**  
 Jessica Watson, BS, OMS IV<sup>1</sup>, Melissa Danowitz, BA, OMS IV<sup>2</sup>, Samuel Jacobs, BS, OMS IV<sup>3</sup>, & To Shan Li, DOP<sup>4</sup>

**Osteopathic management of chronic constipation in women patients. Results of a pilot study**  
 Aurélie Beloux<sup>1</sup>, Michel Bouckoucha<sup>2</sup>, Robert Benamouig<sup>3</sup>

**The effects of maitland orthopedic manual therapy on improving constipation**  
 Ja-Pung Koo<sup>1</sup>, Jung-Hyun Choi<sup>2</sup>, Nyeon-Jun Kim<sup>3</sup>

**Therapeutic value of spinal cord stimulation in irritable bowel syndrome: a randomized crossover pilot study**  
 Gerasimos I. Jadhav<sup>1</sup>, Jiahui Wang<sup>2</sup>, Ranga Lakshmi<sup>3</sup>, and Par M. Mahalingam<sup>4</sup>

**Abstracts:**  
 Study Type: Observational (Patient Register)  
 Estimated Enrollment: 100 participants  
 Observational Model: Case-Control  
 Time Perspective: Prospective  
 Target Population: 2 Women  
 Official Site: Investigation of the Relationship Between Functional Constipation and Sacral Joint Dysfunction  
 Actual Study Start Date: May 10, 2020  
 Estimated Primary Completion Date: May 1, 2023  
 Estimated Study Completion Date: May 1, 2024

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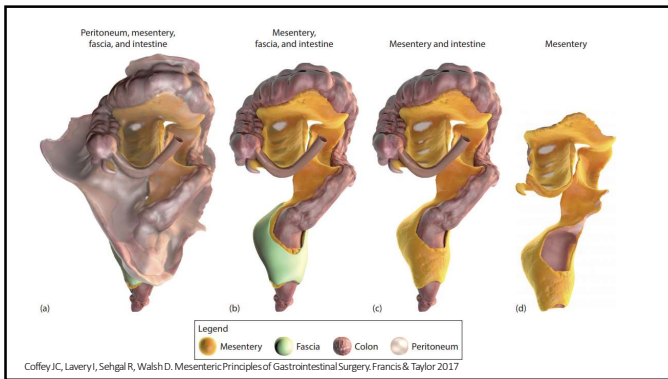
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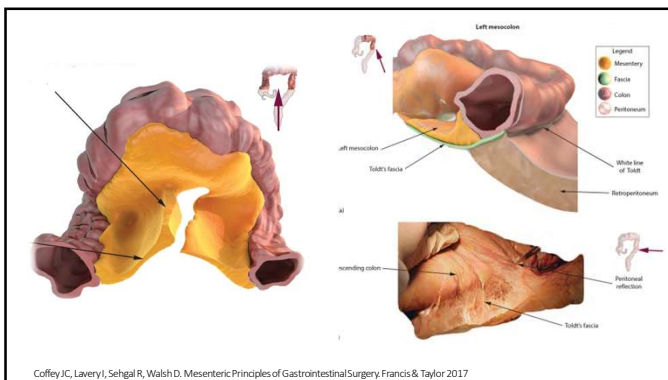
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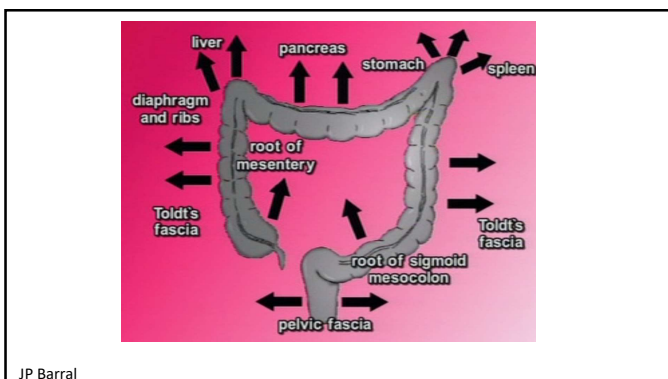
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### Treatment considerations

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



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