

*****Many of these techniques have descriptions and instructional video available on MedBridge (under More>Manual Therapy Techniques).***

Cervical and Upper Thoracic Manual Therapy Techniques	Competency Check Off
OA Release	
General cervical traction in supine	
STM/MFR cervical paraspinals	
STM/MFR upper traps and levator scapulae	
Unilateral P-A for C2-C7	
C1 P-A Mobilization	
Central P-A for C2-C7	
Cervical Sideglide Mobilization	
General/Local Cervical Rotation	
O-A Flexion Contract-Relax	
O-A Flexion Mobilization	
Occipito-Atlantal Distraction	
Supine Rib Thrust Mobilization	
Thoracic Opening Thrust	
1 st Rib Thrust Manipulation	
Cervico-Thoracic Junction Thrust Sitting	
Cervico-Thoracic Junction Thrust Supine	
Cervico-Thoracic Sidebend-Rotation Thrust	
Rotational P-A	
Thoracic Extension Thrust Manipulation	

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Thoracic Opening Thrust (Localized)	
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