

2025 OPP2 Comprehensive Exam Technique List

Body regions to diagnose:

- Head
 - Cervical Spine
 - Thoracic Spine
 - Ribs
 - Lumbar
 - Sacrum
 - Pelvis
 - Abdomen (diaphragm, kidney)
 - Upper Extremity
 - Lower Extremity
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Potential List of Techniques

Muscle Energy

- Cervical (including OA, AA, and typical)
- Thoracic
- Ribs (inhaled/exhaled)
- Lumbar
- Sacrum (torsions, uni/bilateral flexion/extension)
- Pelvis (innominate/pubis bones)
- Upper Extremity (forearm pronation/supination, shoulder flexion/extension)
- Lower Extremity (hip abduction/adduction, hip IR/ER, hip flexion/extension)

HVLA

- Cervical (including OA, AA, and typical) (rotation and sidebending thrust)
- Thoracic (Texas Twist or Kirksville Krunch)
- Lumbar

Soft Tissue

- Cervical
 - Sub-occipital release
 - Long axis/linear stretch
 - Push-pull
 - Supine unilateral stretch of cervical spine
 - Supine bilateral flexion stretch of cervical spine
- Thoracic

- Paraspinal Inhibition
- Transverse muscle kneading
- Lumbar
 - Paraspinal Inhibition
 - Transverse muscle kneading (with and without counter leverage)
 - Long axis stretch of lumbar dorsal fascia
 - Kneading and stretching lateral recumbent
 - Seated thoracolumbar stretching
- UE
 - Lateral recumbent scapulothoracic stretch
 - Trapezius inhibition

Lymphatics

- Pedal Pump
- Thoracic pump
- Thoracic Duct or Lymphatic Duct Release
- Pectoral Traction aka Anterior Axillary Fold with Pectoral Muscle Stretch
- Popliteal fossa release
- Seated and Supine Rib Raising
- Sinus effleurage
- Supra and infraorbital foramen nerve inhibition
- SCM milking/traction
- Mandibular drainage technique (Galbreath)

Counterstrain

- Anterior/posterior cervical
- Anterior/posterior thoracic
- Anterior/posterior lumbar
- Anterior/posterior pelvic
- Anterior/posterior ribs

Myofascial release

- Seated and Supine Thoracic Inlet
- Seated and Supine Thoracoabdominal Diaphragm

Others

- Psoas FPR/Still technique