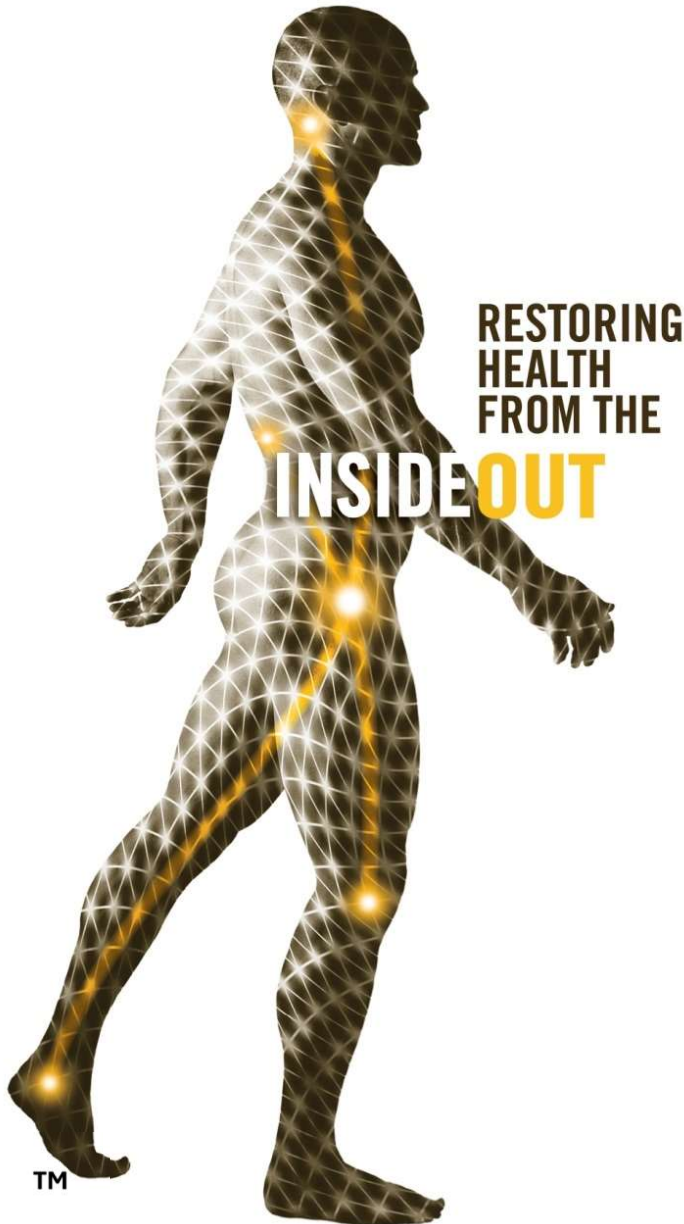




MATRIX REPATTERNING®
Advanced Therapeutic Solutions



**Thoracic Spine,
Rib Cage (TR)**



MATRIX INSTITUTE™
Empowerment Through Knowledge

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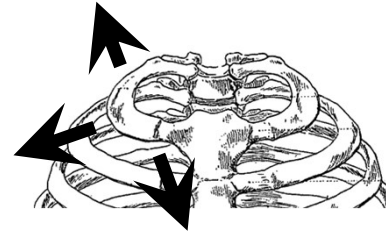
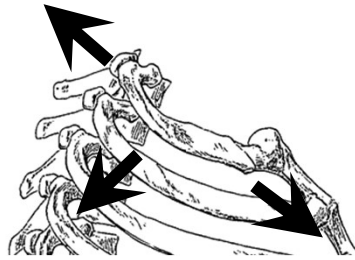
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Ribs 1-2

TR
COS 1-2

LESION:

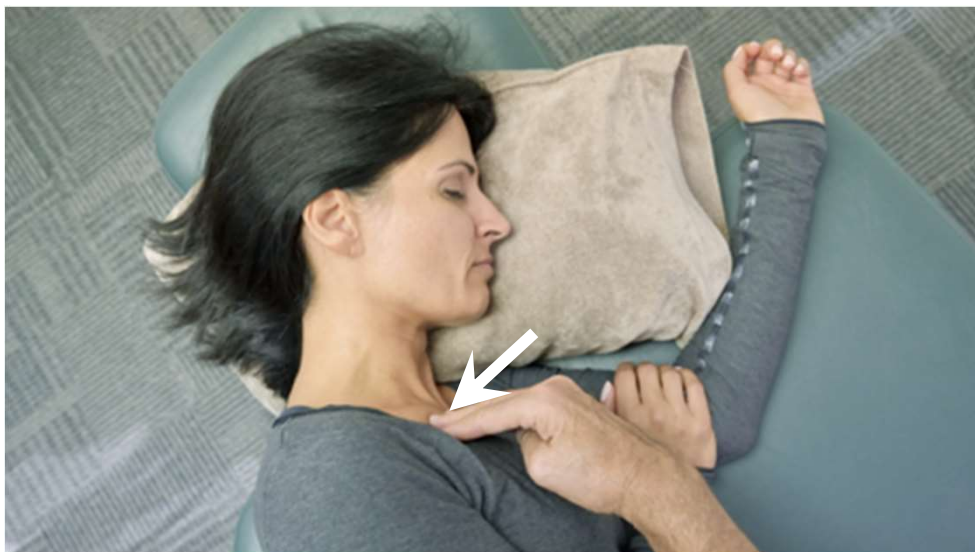
1st and 2nd Ribs,
X, Z Axis
Expansion



TEST: Z Axis

Contacts: Posterior and lateral angles of ribs 1 & 2

Containment: Anterior, medial



TEST: Z Axis

Contacts: Anterior costal cartilages of ribs 1 & 2

Containment: Posterior

Ribs 1-2 Anterior, Posterior & Lateral Aspects

TREATMENT: X, Z Axis

Client Position: Lateral recumbent, involved side up

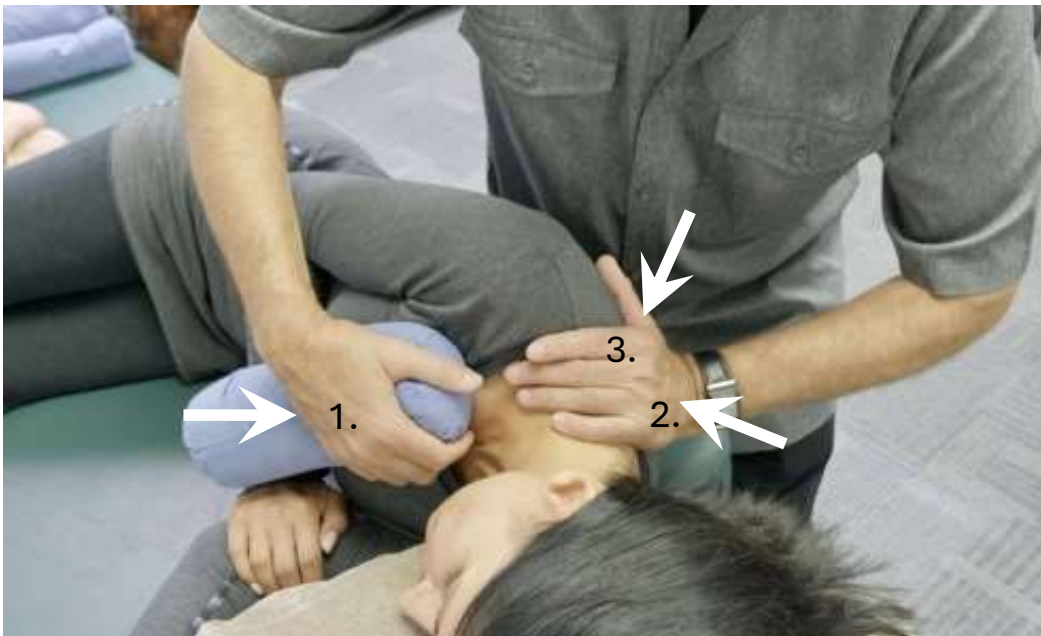
Practitioner Position: Side of table, facing towards client's head

Contacts:

1. Posterior and lateral angles of 1st and 2nd ribs
2. Anterior costal cartilages of 1st and 2nd ribs

Containment:

1. Anterior
2. Posterior
3. Medial

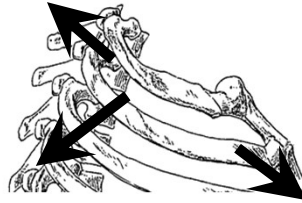


Thoracic Spine 1-2

TR
TSP 1-2

LESION:

Thoracic Spine 1-2,
X / Z / Y Axis
Expansion



TEST: X Axis

Contacts: Posterior ribcage, lateral to spinous process at level of involvement

Containment: Medial

Note: Posterior aspect of vertebral segment includes: laminas, pedicles, transverse processes and spinous process



TEST: Y Axis

Contacts: Vertex, in line with auditory meatus

Containment: Inferior

Note: Anterior aspect of vertebral segment includes: vertebral body



TEST: Z Axis

Contacts: Thoracic spinous processes 1 - 2

Containment: Anterior

Thoracic Spine 1-2

TREATMENT: X / Y / Z Axis

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's head

Contacts: 1. Spinous processes of thoracic spine 1-2
2. Anterior costal cartilages of 1st and 2nd ribs

Containment: 1. Anterior 2. Posterior



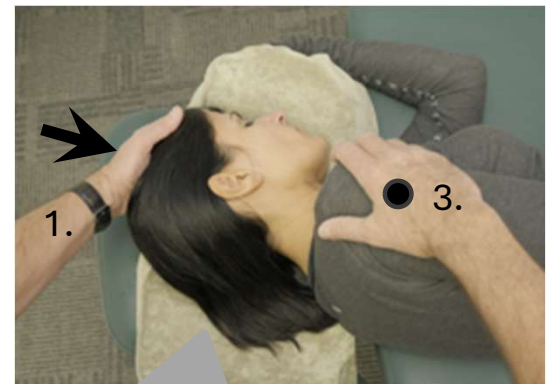
TREATMENT: Y Axis

Client Position: Lateral recumbent, involved side up. Neck in neutral position, meaning not too flexed and not extended

Practitioner Position: Side of table, facing the client's feet

Contacts: 1. Ipsilateral parietal bone (vertex), in line with the auditory meatus
2. Spinous process 1- 2 3. Lateral proximal humerus

Containment: 1. Inferior 2. Anterior 3. Medial



X and Y Axis Treatment for upper TS

Thoracic Spine 1-2, Posterior Aspect

TR
TSP 1-2

TREATMENT: X Axis, Bilateral Approach

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing the back of the client's body

Contacts: Posterior angles of ribs 1-2, bilaterally

Containment: Medial and anterior



TREATMENT: X Axis, Unilateral Approach

Client Position: Lateral recumbent, involved side up

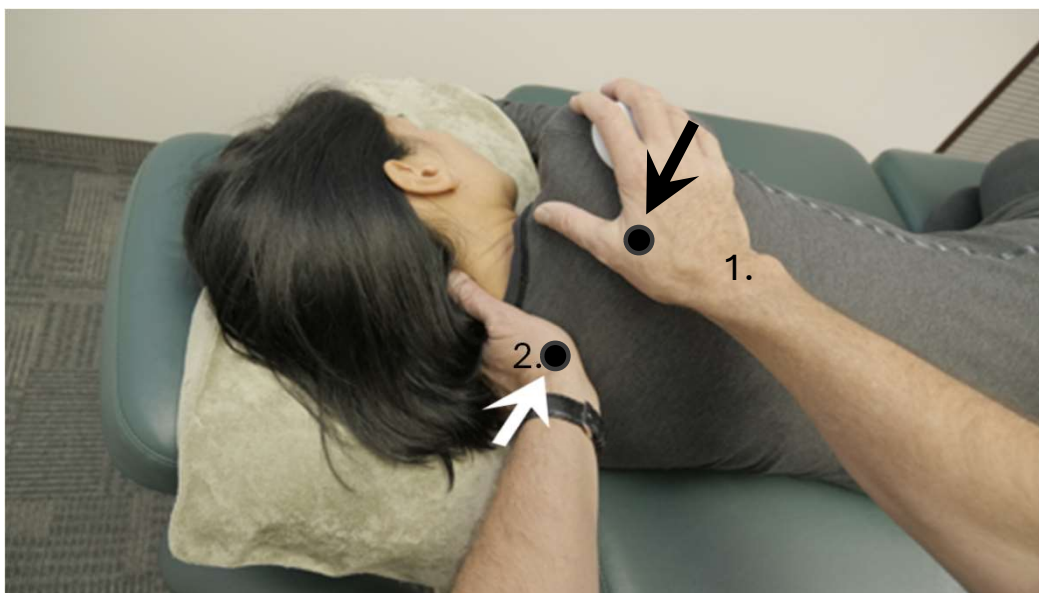
Practitioner Position: Side of table, facing the back of the client's body

Contacts:

1. Posterior angles of ribs 1-2, through the scapula
2. Spinous processes

Containment:

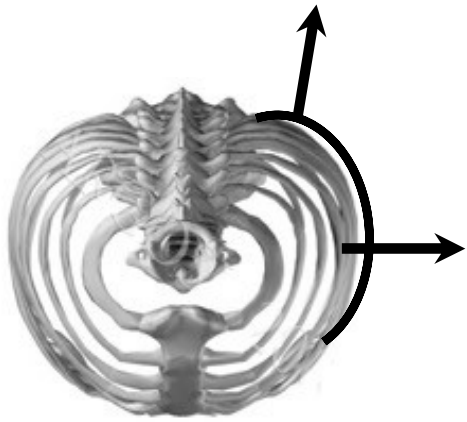
1. Medial
2. Anterior



Ribs 3-4 Posterior, Lateral Aspects

TR
COS 3-4

LESION: Ribs, X / Z Axis Expansion



TEST: X Axis

Contacts: Lateral aspect of humeral head

Containment: Medial



TEST: Z Axis

Contacts: Posterior angles of ribs 3 & 4

Containment: Anterior

Ribs 3-4 Posterior, Lateral Aspects

TR
COS 3-4

TREATMENT: X / Z Axis

Client Position: Lateral recumbent, or seated

Practitioner Position: Side of table, facing client's head

Contacts: 1. Lateral aspect of proximal humeral head

2. Posterior aspect of medial border of scapula adjacent to posterior angles of ribs 3 & 4

Containment: 1. Medial 2. Anterior

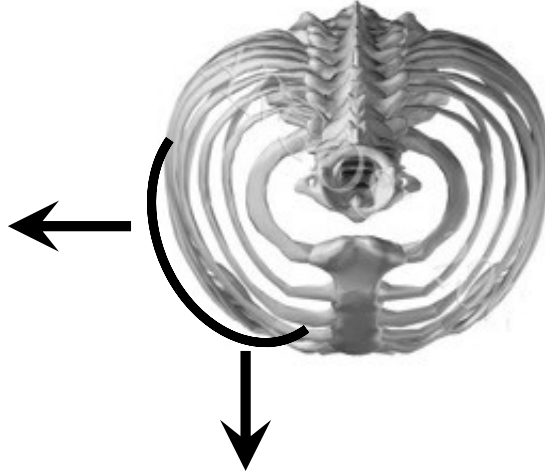


Ribs 3-4 & Costal Cartilages, Anterior & Lateral Aspects

TR
COS 3-4

LESION:

Ribs & Costal
Cartilages, X / Z
Axis Expansion



TEST: X / Z Axis

Contacts: Lateral aspect of sternum,
costal cartilages and anterolateral ribs

Containment: Posterolateral on sternum and
posteromedial on ribs



Ribs 3-4 & Costal Cartilages, Anterior & Lateral Aspects

TREATMENT: X, Z Axis

Client Position: Supine

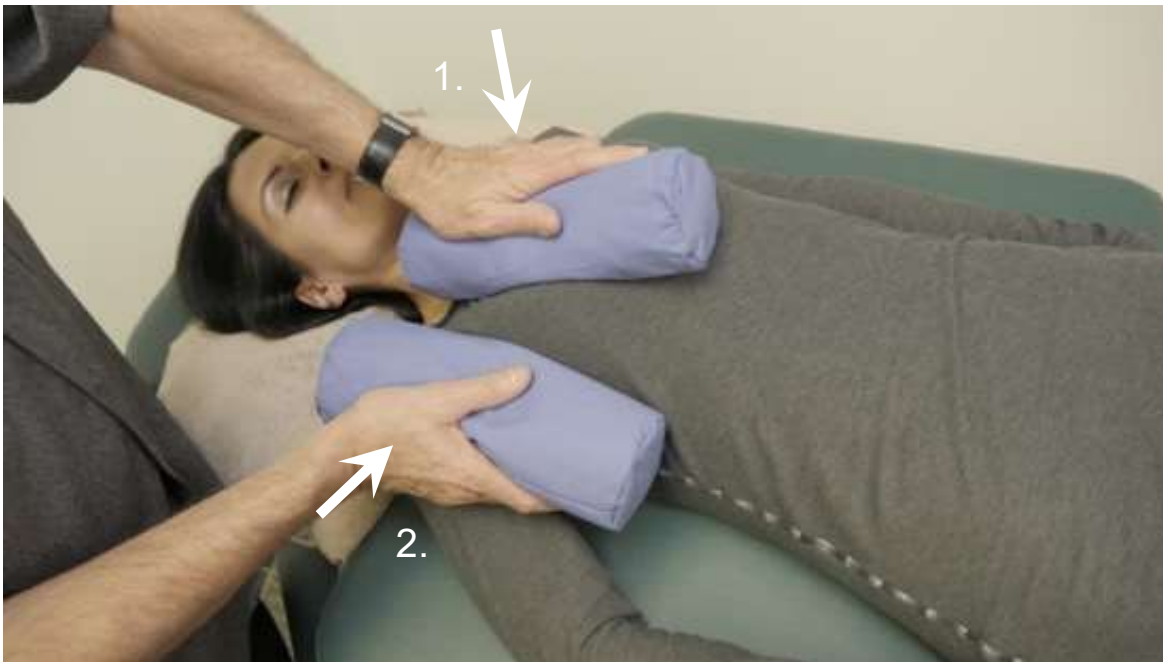
Practitioner Position: End of table, facing client's feet

Contacts:

1. Lateral aspect of sternum & costal cartilages
2. Anterolateral ribs

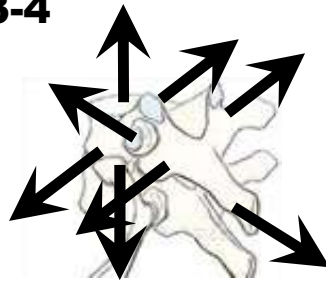
Containment:

1. Posterolateral
2. Posteromedial



Thoracic Spine 3-4

LESION: Thoracic Spine, X / Y / Z Axis Expansion



TR
TSP 3-4



TEST: X Axis

Contact: Lateral or posterior rib angles at level of involvement

Containment: Medial



TEST: Y Axis

Contact: Spinal sulcus longitudinally, at level of involvement

Containment: Superior and inferior



TEST: Z Axis

Contact: Spinous processes at level of involvement

Containment: Anterior

Thoracic Spine 3-4, Anterior Aspect

TR
TSP 3-4

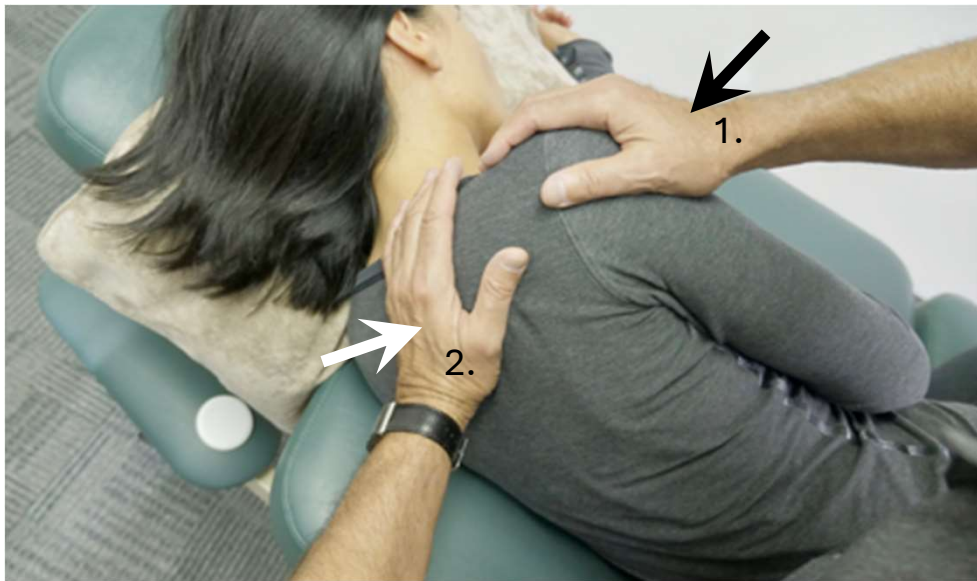
TREATMENT: X / Z Axis Combined

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's head

Contacts: 1. Lateral rib cage at level of involvement
2. Spinous process at the level of involvement

Containment: 1. Medial 2. Anterior



TREATMENT: X / Y Axis Combined, Y / Z Combined

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's head

Contacts: X/Y: 1. Upper trapezius 2. Lateral rib cage at level of involvement
Y/Z: 1. Upper trapezius 2. Posterior aspect of spinous processes at level of involvement

Containment: 1. Medial and superior 2. Inferior



Thoracic Spine 3-4, Posterior Aspect

TR
TSP 3-4

TREATMENT: X Axis

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's back

Contacts: Posterior rib angles at level of involvement, bilaterally

Containment: Medial with a bit of added anterior containment



TREATMENT: X / Z Axis Combined

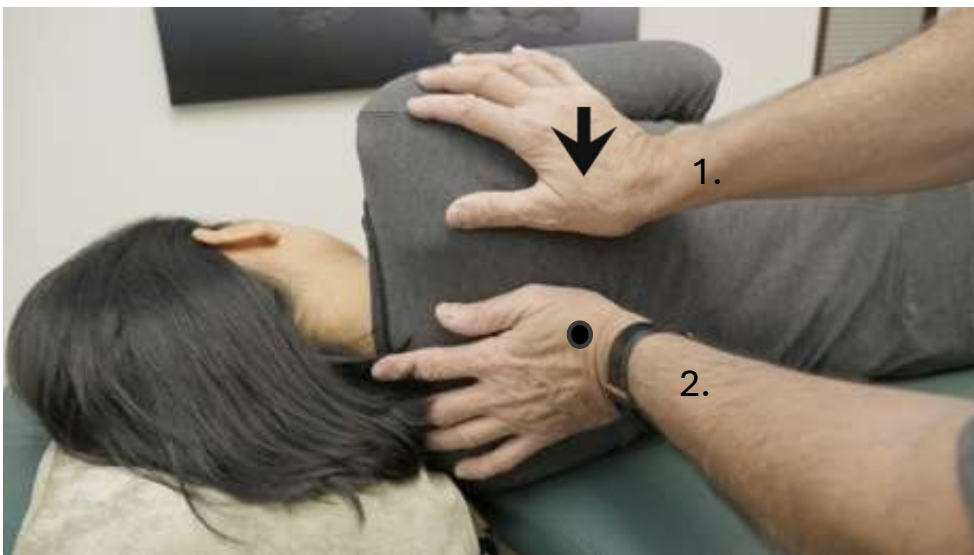
Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's back

Contacts: 1. Posterior rib angles at level of involvement

2. Spinous processes at level of involvement

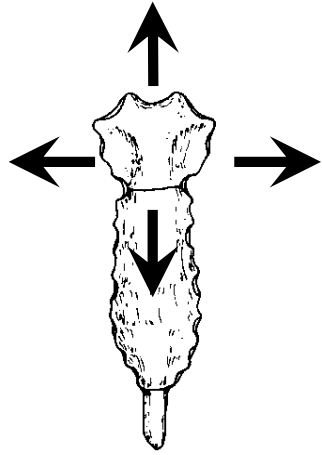
Containment: 1. Medial 2. Anterior



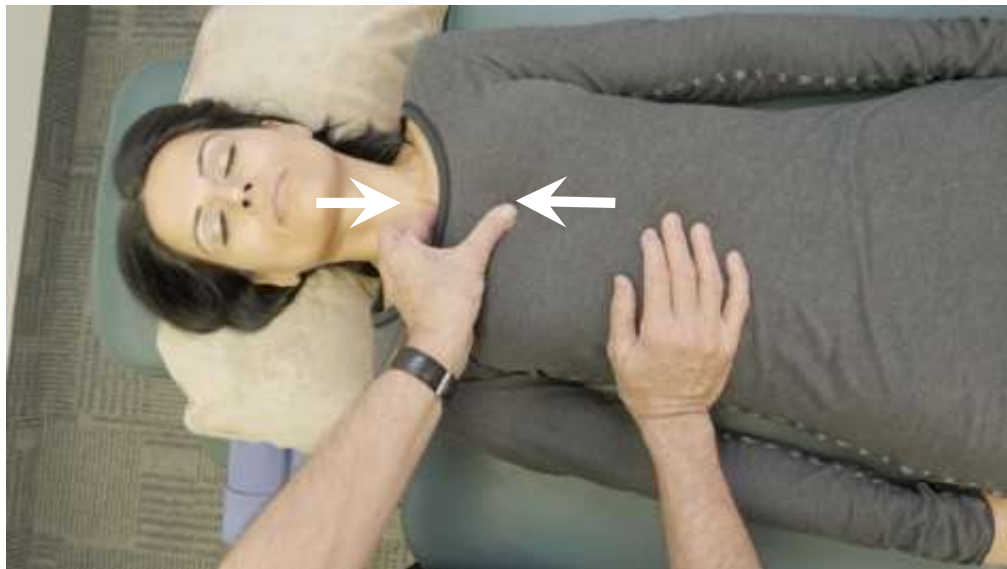
● Circle represent direction of containment straight into the structure

Sternum, Manubrium

LESION:
Manubrium, X / Y
Axis Expansion



TEST: X Axis
Contacts: 1st & 2nd
costal cartilages,
bilaterally
Containment:
Posteromedial



TEST: Y Axis
Contacts: Sternum
(gladiolus) and
superior jugular
notch of manubrium
Containment:
Superior and
inferiorly

Sternum, Manubrium

TREATMENT: X Axis

Client Position: Supine

Practitioner Position: End of table, facing client's feet

Contacts: 1st & 2nd costal cartilages, bilaterally

Containment: Posteromedial



Optional use of bolsters



TREATMENT: Y Axis

Client Position: Supine

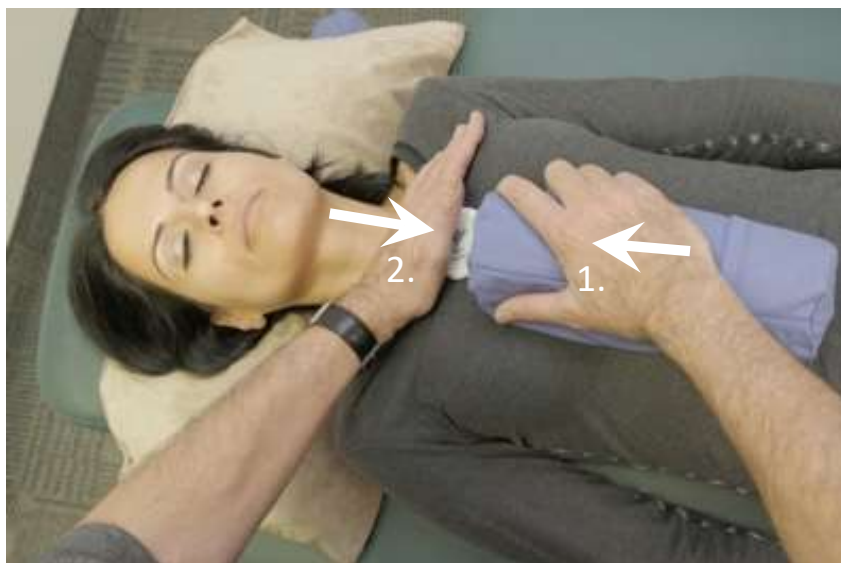
Practitioner Position: Side of table, facing side of client's body

Contacts:

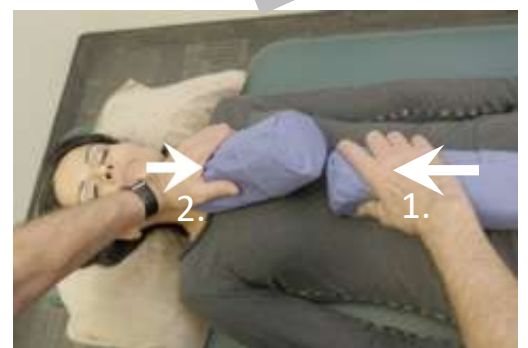
1. Sternum (gladiolus)
2. Superior jugular notch of manubrium

Containment:

1. Superior
2. Inferior

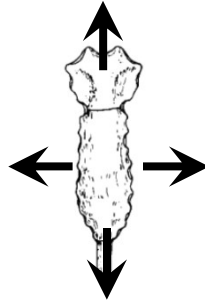


Optional use of bolsters



Sternum, Gladiolus

LESION: Sternum, X / Y Axis Expansion



TR
STR GL



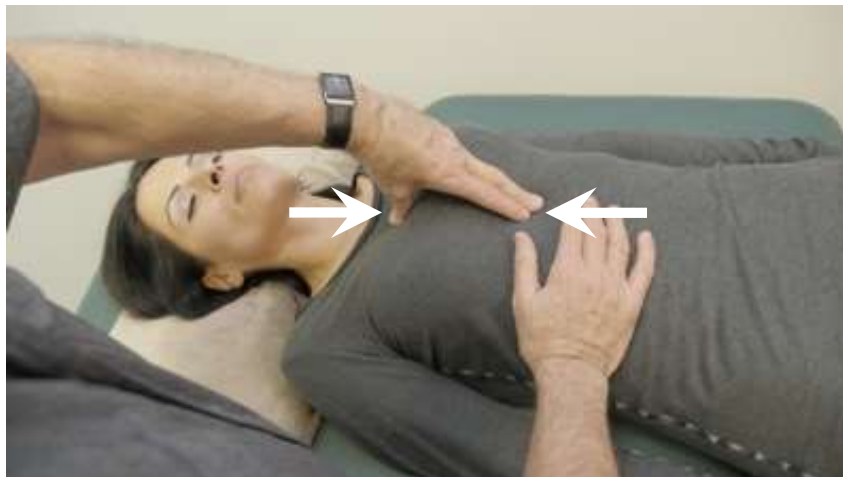
TEST: X Axis

Contacts: Lateral sternum bilaterally

Containment: Posteromedial



These images show vectoring the sternum in the x axis, above and below the breast tissue



TEST: Y Axis

Contacts: Superior and inferior sternum

Containment: Inferior and superior

Sternum, Gladiolus

TREATMENT: X Axis

Client Position: Supine

Practitioner Position: Side of table, facing side of client's body

Contacts: Lateral sternum bilaterally

Containment: Posteromedial



Use bolsters instead of hands, especially when working with female clients



Ipsilateral treatment of costal cartilages and sternum. Anterior contact on sternum, lateral contact on anterior/lateral ribs.

TREATMENT: Y Axis

Client Position: Supine

Practitioner Position: Side of table, facing side of client's body

Contacts:

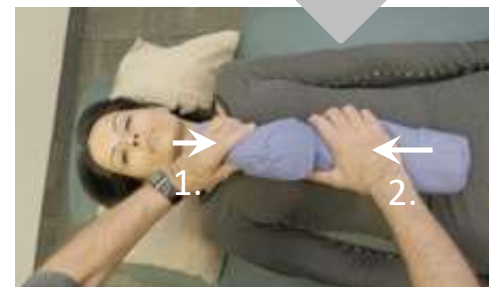
1. Superior sternum
2. Inferior sternum

Containment:

1. Inferior
2. Superior

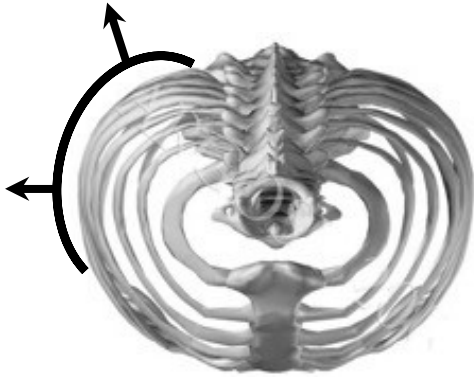


Optional use of bolsters for both hands



Ribs 5-10 Posterior, Lateral Aspects

LESION: Ribs, X / Z Axis Expansion



TEST: X Axis
Contact: Lateral rib angles at level of involvement
Containment: Medial



TEST: Z Axis
Contacts: Posterior angles of involved ribs
Containment: Anterior

Ribs 5-10 Posterior, Lateral Aspects

TR
COS 5-10

TREATMENT: X / Z Axis

Client Position: Lateral recumbent

Practitioner Position: Side of table, facing client's head

Contacts: 1. Lateral rib angles 2. Posterior rib angles

Containment: 1. Medial 2. Anterior

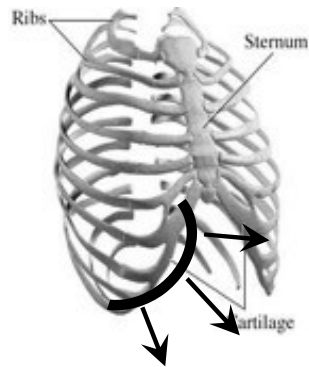


Ribs 5-10 & Costal Cartilages Anterior, Inferior & Lateral Aspects

TR
COS 5-10

LESION:

Ribs & Costal
Cartilages,
Anterior, Inferior
Expansion



TEST:

Contacts:

1. Inferior costal margin
2. Lateral rib angles

Containment:

1. Posterior and lateral
2. Medial



Ribs 5-10 & Costal Cartilages Anterior, Inferior & Lateral Aspects

TREATMENT:

Client Position: Supine

Practitioner Position: Side of table, facing client's head

Contacts:

1. Inferior costal margin
2. Lateral rib angles

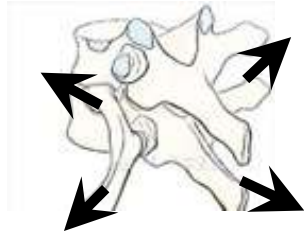
Containment:

1. Posterior, superior & lateral
2. Medial



Thoracic Spine 5-10, Anterior & Posterior Aspects

LESION: Thoracic Spine, X / Y / Z Axis Expansion



TEST: X Axis

Contact: Lateral or posterior rib angles at level of involvement

Containment: Medial



TEST: Y Axis

Contact: Spinal sulcus longitudinally, at level of involvement

Containment: Superior and inferior



TEST: Z Axis

Contact: Spinous processes at level of involvement

Containment: Anterior

Thoracic Spine 5-10, Anterior Aspect

TR
TSP 5-10

TREATMENT: X / Z Axis Combined

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's head

Contacts: 1. Lateral rib cage at level of involvement
2. Spinous process at the level of involvement

Containment:

1. Medial 2. Anterior



TREATMENT: X / Y Axis Combined

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's head

Contacts: 1. Lateral rib cage at level of involvement
2. Upper trapezius or vertex of cranium

Containment: 1. Medial and superior 2. Inferior



Thoracic Spine 5-10, Posterior Aspect

TREATMENT: X Axis

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's back

Contacts: Posterior rib angles bilaterally, at level of involvement

Containment: Medial, with a bit of added anterior containment



TREATMENT: X / Z Axis Combined

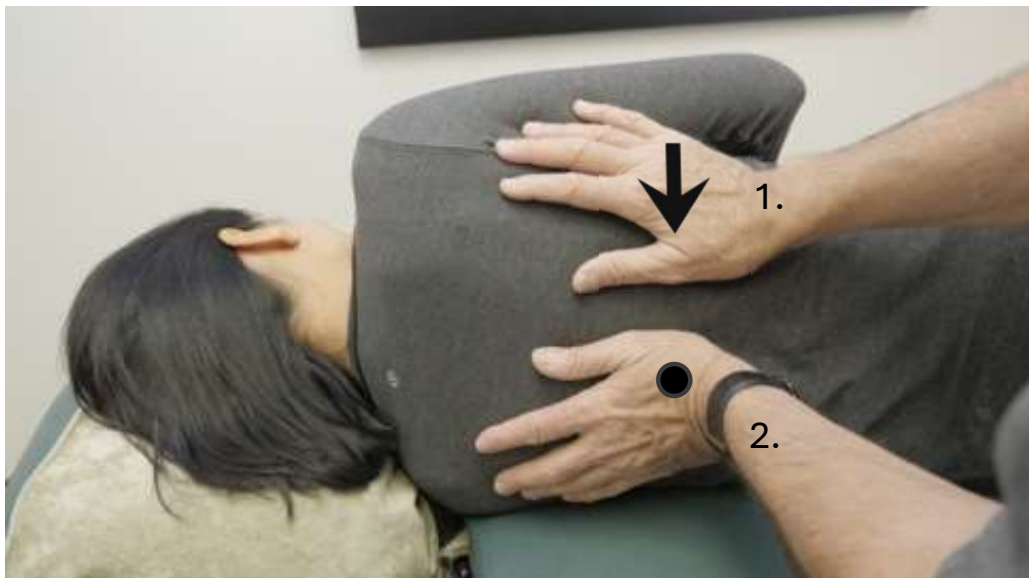
Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's back

Contacts: 1. Posterior rib angles at level of involvement

2. Spinous processes at level of involvement

Containment: 1. Medial 2. Anterior

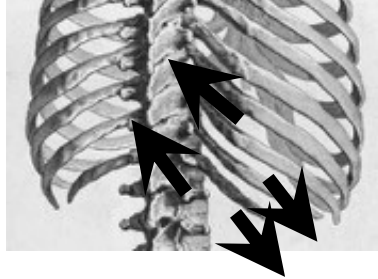


● Circle represent direction of containment straight into the structure

Ribs 9-12 Posterior, Lateral Aspects

TR
COS 9-12

LESION:
Posterior,
Lateral Ribs
X / Y / Z Axis
Expansion



TEST: X Axis
Contact: Lateral
angles of ribs 9,10
Containment:
Medial



TEST: X / Y Axis
Contact: Distal end of
ribs 11, 12
Containment: Medial
and superior



TEST: Z Axis
Contact: Posterior
angles of ribs 9-12
Containment:
Anterior

Ribs 9-12 Posterior, Lateral Aspects

TR
COS 9-12

TREATMENT: Ribs 9-10, X / Z Axis Combined

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing client's head

Contacts: 1. Lateral rib angles of ribs 9, 10 2. Posterior rib angles 9, 10

Containment: 1. Medial 2. Anterior



TREATMENT: Ribs 11-12, X / Y / Z Axis Combined

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing client's head

Contacts: 1. Distal end of posterior angle of ribs 11, 12

2. Posterior rib angles of ribs 11, 12

Containment: 1. Medial, superior and anterior 2. Anterior



Treatment of rib 11, hands spaced more apart

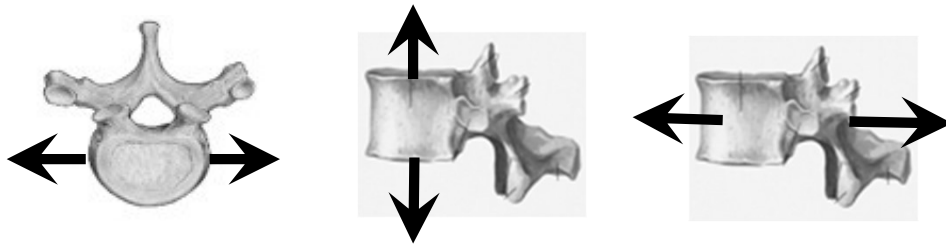


Treatment of rib 12, hands closer together

Thoracolumbar Spine T9 – L2 Anterior & Posterior Aspect **TR**

TLS T9-L2

LESION:
Vertebral
body, X / Y / Z
Axis
Expansion



TEST: X Axis

Contact: Lateral or posterior rib angles at the level of involvement
Containment: Medial



TEST: Y Axis

Contact: Paraspinal sulcus superior and inferior to area of involvement
Containment: Superior and inferior



TEST: Z Axis

Contact: Posterior spinous process at the level of involvement.
Containment: Anterior

Thoracolumbar Spine T9 - L2, Anterior Aspect

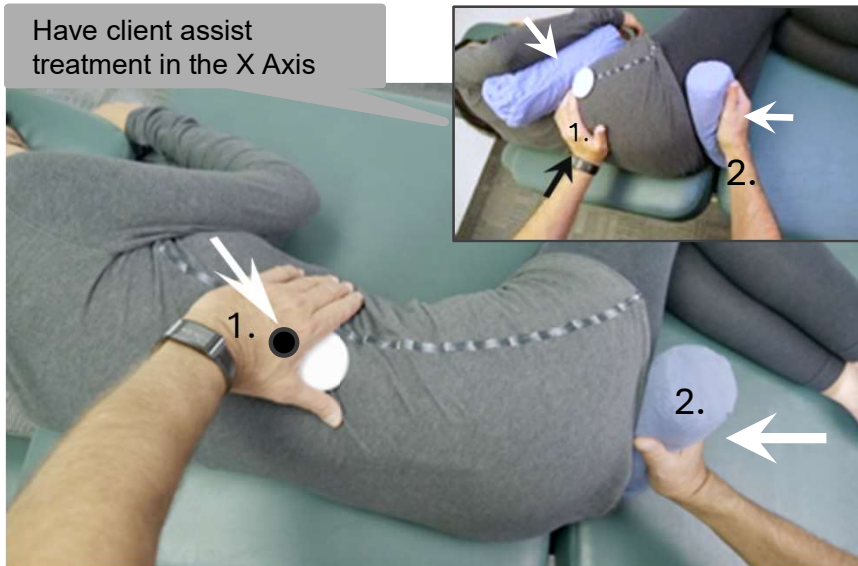
TR

TLS T9-
L2



**TREATMENT: X / Z
Axis Combined**

Client Position: Lateral recumbent, involved side up
Practitioner Position: Side of table, facing client's head
Contacts: 1. Lateral rib angles at level of involvement
 2. Spinous processes at level of involvement
Containment: 1. Medial
 2. Anterior



**TREATMENT: X / Y / Z
Axis Combined, Client Assisted**

Client Position: Lateral recumbent, involved side up
Practitioner Position: Side of table, facing towards client's head
Contacts: 1. Spinous processes
 2. Inferior pelvis, just anterior to the ischial tuberosities
Containment: 1. Anterior
 2. Superior



**TREATMENT: Y / Z Axis
Combined**

Client Position: Lateral recumbent, involved side up
Practitioner Position: Side of table, facing towards client's head
Contacts: 1. Spinous processes
 2. Inferior pelvis, just anterior to the ischial tuberosities
Containment: 1. Anterior
 2. Superior

Thoracolumbar Spine T9 - L2, Posterior Aspect

TR
TLS T9-
L2

TREATMENT: X Axis

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing client's back

Contacts: Posterior rib angles bilaterally, at level of involvement

Containment: Medial with a bit of added anterior containment



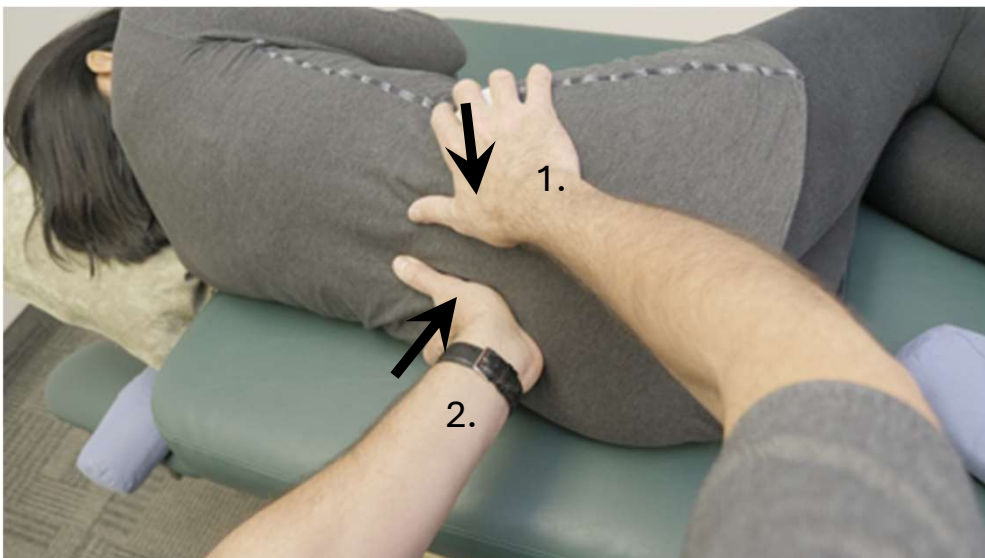
TREATMENT: X / Z Axis Combined

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing client's back

Contacts: 1. Posterior rib angles at level of involvement
2. Spinous processes at level of involvement

Containment: 1. Medial 2. Anterior



Torso Depression Injuries

Torso depressions are caused by direct impacts to the torso, which often lead to concave formations of the ribs.

Guideline for assessing and treating ribcage depressions:

1. Palpate the affected area to determine if flattening of the ribs is present. Pressure on this area often elicits tenderness. Demonstrating this portion of the assessment to the client can help them understand the importance of treating the depression.
2. Scan the area to determine the size of the rib primary.
3. Vector across the primary to determine direction of treatment approach.
4. Track out to the periphery of the depression to identify treatment starting position.
5. Contain using bolsters or hand contact on the outer 'rim' of the depression, containing toward the center of the depression. Be sure to use a somewhat tangential containment angle, instead of containing straight down through the ribs and into the center of the body.
6. Treatment of a depression may involve several containments. Once the initial hand placement at the outer edges of the depression creates a release in the tissue, move your hands towards the center of the depression (closer together) and continue the treatment process until the pattern is fully treated.
7. Note any change in the shape or tenderness of the depression, remembering to demonstrate this change to the client.

Ribs 3-5 Anterior Depression

LESION:

Ribs, Anterior Depression



TEST:

Contacts:

1. Anteromedial upper ribs, at level of involvement
2. Anterolateral upper ribs, at level of involvement

Containment:

1. Posterolateral
2. Medial



Ribs 3-5 Anterior Depression

TREATMENT:

Client Position: Supine

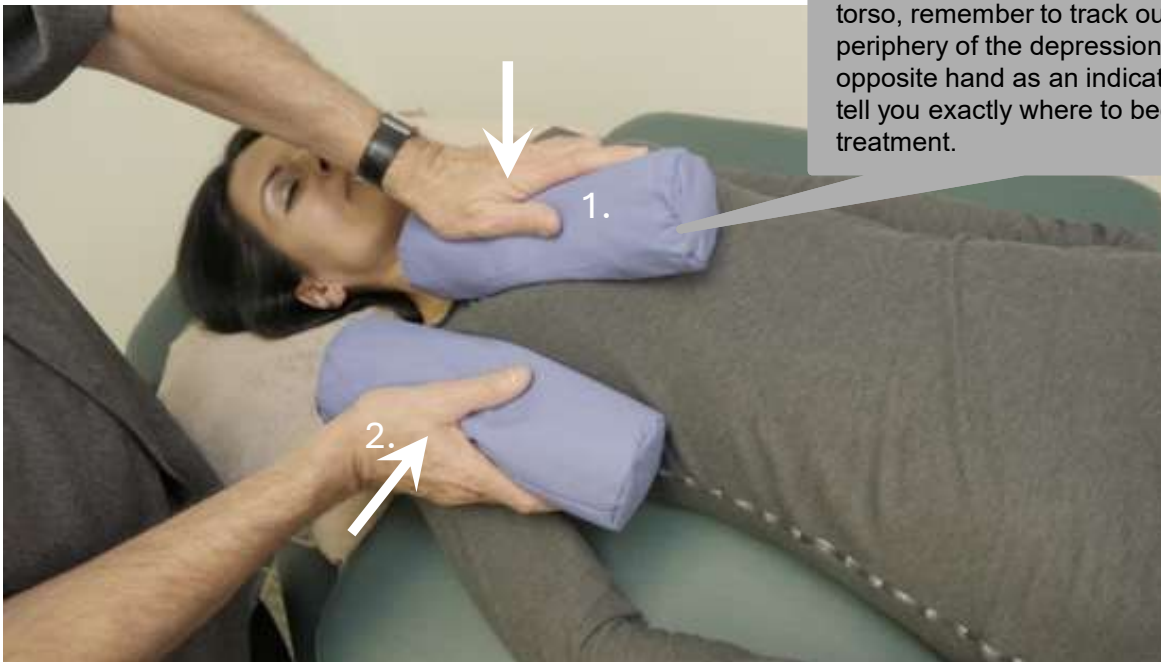
Practitioner Position: Side of table, facing client's feet

Contacts:

1. Anteromedial upper ribs at level of involvement
2. Anterolateral upper ribs at level of involvement

Containment:

1. Posterolateral
2. Medial



Treatment Note:

Treating depressions and expansions in the torso may appear similar based on hand placement (depicted in the photos), but there is a difference in the way we direct our containment pressure. When treating expansions, the direction of force is straight through the ribs, in towards the core of the body. When addressing depressions, the angle of approach is less acute, and focused more into the ribs themselves.

Ribs 6-10 Anterior Depression

TR
RBD 6-10

LESION:

Ribs, Anterior
Depression



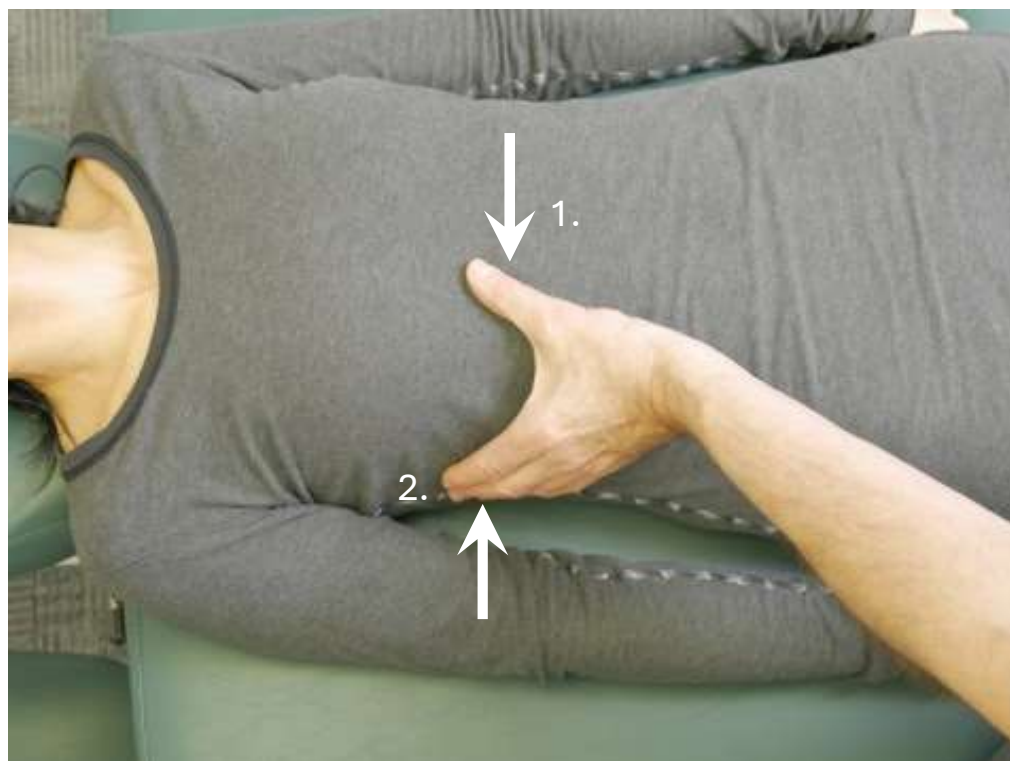
TEST:

Contacts:

1. Anteromedial mid-lower ribs, at level of involvement
2. Anterolateral mid-lower ribs, at level of involvement

Containment:

1. Posterolateral
2. Medial



Ribs 6-10 Anterior Depression

TREATMENT:

Client Position: Supine

Practitioner Position: Side of table, facing towards client's head

Contacts:

- 1. Anteromedial mid-lower ribs, at level of involvement
- 2. Anterolateral mid-lower ribs, at level of involvement

Containment:

- 1. Posterolateral
- 2. Medial



Step #1: Begin treatment at outer border of depression.

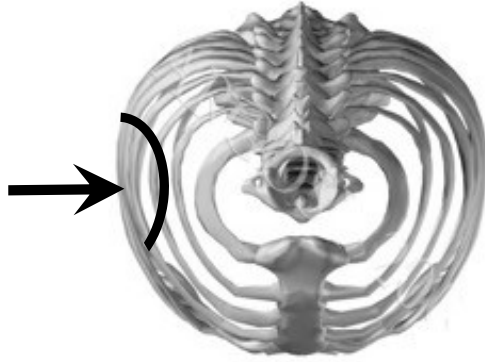


Step #2: Gradually reposition hands closer to one another as depression releases

Ribs R3-10 Lateral Depression

TR
RBD 3-10

LESION:
Ribs, Lateral
Depression



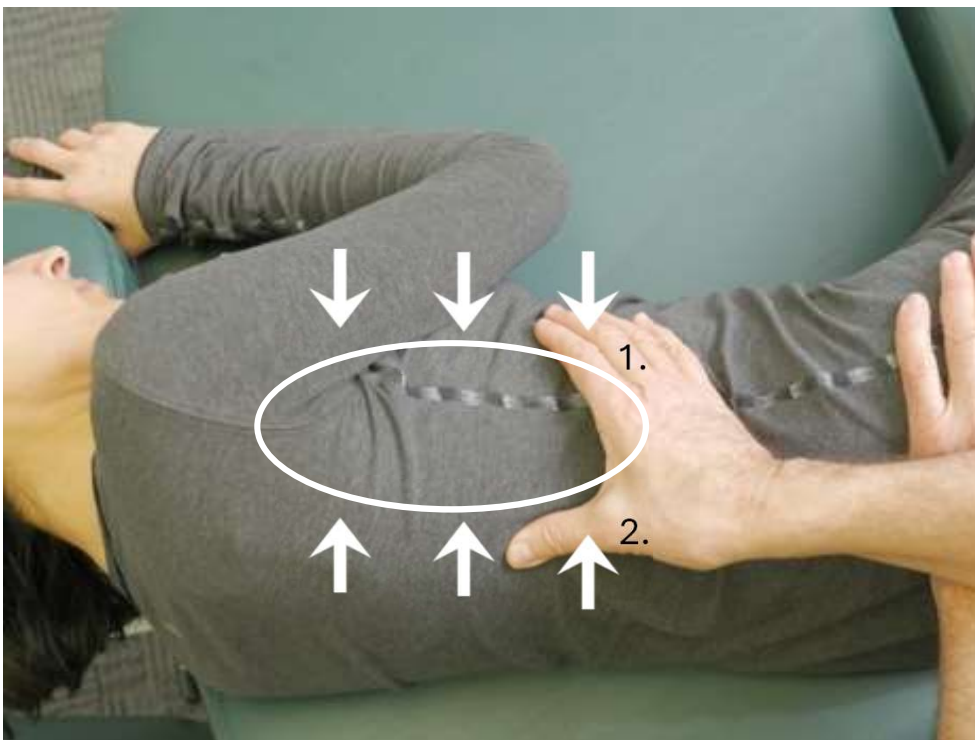
TEST:

Contacts:

1. Anterolateral ribs, at level of involvement
2. Posterolateral ribs, at level of involvement

Containment:

1. Posteromedial
2. Anteromedial



Ribs R3-10 Lateral Depression

TREATMENT:

Client Position: Lateral recumbent, involved side up

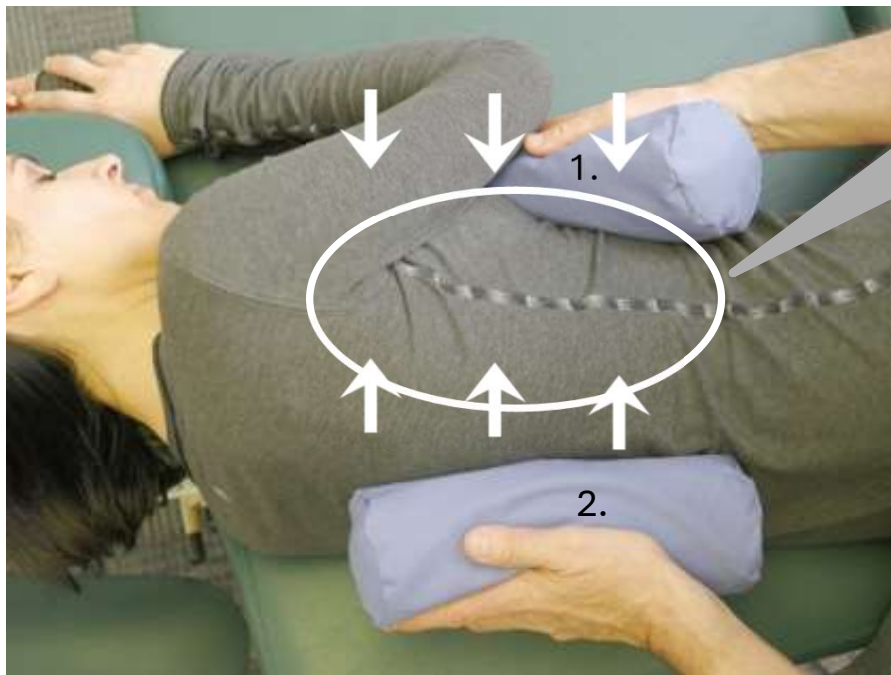
Practitioner Position: Side of table, facing towards client's head

Contacts:

1. Anterolateral ribs, at level of involvement
2. Posterolateral ribs, at level of involvement

Containment:

1. Posteromedial
2. Anteromedial



Step #1: Begin treatment at outer border of depression



Step #2: Gradually reposition hands closer to one another as depression releases

Ribs 3-10 Posterior Depression

TR
RBD 3-10

LESION:

Ribs, Posterior
Depression



TEST:

Contacts:

1. Lateral ribs, at level of involvement
2. Posterolateral ribs, at level of involvement

Containment:

1. Posteromedial
2. Anterolateral



Ribs 3-10 Posterior Depression

TREATMENT:

Client Position: Lateral recumbent, involved side up

Practitioner Position: Side of table, facing towards client's head

Contacts:

1. Lateral ribs, at level of involvement
2. Posterior ribs, at level of involvement

Containment:

1. Posteromedial
2. Anterior



Step #1: Begin treatment at outer border of depression



Step #2: Gradually reposition hands closer to one another as depression releases

Notes