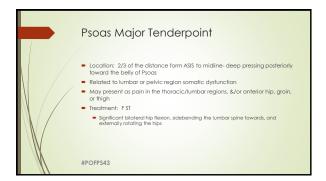


| "Fold & Hold" Treating with Counterstrain   |  |
|---|--|
| Locate a Tenderpoint     Quantify the tenderness as a "10"     Place the relaxed patient into the position of comfort |  |
| Keep the patient in this position for 90 seconds,<br>as they remain completely relaxed                                |  |
| Periodically recheck the point, to ensure pain has not increased or returned  |  |
| <ul> <li>Once 90 seconds has passed, return the patient<br/>to neutral to reassess</li> </ul>                         |  |
| #POFPS43  |  |









| Iliacus Tenderpoint  |
|--|
| Location: 1/3 from the ASIS to midline, press posterior-laterally and deep towards liliacus Related to lumbar &/or pelvic somatic dysfunction May present as pain in the thoracic/&/or lumbar region, the anterior hips &/or thigh Treatment: FER Significant flexion (Bilateral) with external rotation of the hips, keeping the knees flexed  #POFPS43 |

| Quadratus Lumborum Tenderpoint  |
|---|
| Location: Inferior portion of 12th rib, lateral tip of lumbar transverse processes, superior portion of iliac crest  Related to somatic dysfunction in the lumbar/pelvic regions &/or 12th rib  May present as low back pain, iliac crest pain, &/or posterior sacroiliac/buttock/hip pain  Treatment: E Abd ER  Extension of hip/thigh, abduction, & external rotation |

