

First Rib Release - Supine



Indications

Thoracic Outlet Syndrome - pain, tingling, or numbness radiating down the arm toward the 4th and 5th finger.

Cautions

Go cautiously and get feedback when working as this area may be very tender.



[Scan, tap, or click on the QR code for video](#)



Technique

Have your client lying supine. With your outside hand passively bring your client's shoulder toward their ear. Contact the first rib (inferior to the clavicle) with the fingers of your inside hand and pull in an inferior direction.

Have your client inhale, then on the exhale pull both your client's arm and their first rib in an inferior direction. Ask your client to raise their shoulder toward their ear before inhaling. Maintain an inferior pressure on their first rib as they raise their shoulder.

The intention is to create space between the clavicle and the first rib by having your client raise their clavicle while you hold the first rib in place.

Tightness in the scalene muscles can pull the first rib up, so this technique works well in conjunction with work to release the scalenes and pectorals minor.