

Type I Treatment Guidelines

1. Restore both Brachial Chains to neutral position
2. Enhance ipsilateral apical expansion

If restoration of brachial chains to neutral position and right apical expansion is difficult or painful consider:

- a) Utilization of an abdominal binder to stabilize and control uniform thoracic function
- b) Arch under right medial longitudinal foot arch for neuromuscular input



- c) Integrated thoracic stabilization program in frontal plane

Standing Single Leg Resisted Arm Pull Down
(Integration – standing #2)

Upright Thoracic Abduction with Contralateral LE Abduction
(Integration – standing #6)