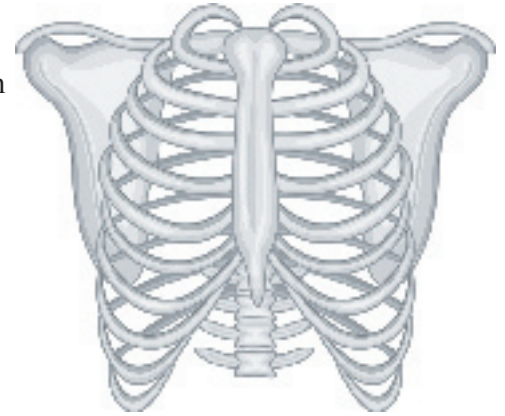


**EVERY TIME I  
COUGH OR SNEEZE  
IT FEELS LIKE  
SOMEONE STABS ME  
WITH A KNIFE!**

Sharp stabbing pains in the rib cage with deep breathing, coughing, sneezing, or twisting motions may be due to a positional dysfunction of a rib. McMeen Physical Therapy can help! >>

Rib dysfunctions are a common occurrence. Often a patient will complain of sharp grabbing pain in the ribs or radiating pain along a rib moving from back to front.



An acute rib dysfunction will respond very well to soft tissue modalities and gentle muscle energy mobilizations or Mulligan mobilization techniques. Complete recovery of symptoms can be expected in as few as 2 or 3 treatments.

Once the positional dysfunction has been corrected a patient needs to rest and allow normal muscle tone and function of the intercostal musculature to occur.

Often a patient will be started on a scapular stabilization and strengthening program. Posture and proper breathing exercises are also addressed.

For patients suffering from chronic rib dysfunctions more treatment sessions may be necessary to return rib mechanics back to normal.

Changes in both static and dynamic posture and sleeping positions will be addressed and a core strengthening program will be initiated.



*"Your Movement Rehabilitation Specialists"*

**CONTACT US  
FOR MORE INFORMATION**

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