

Lateral Clavicle - General Technique

- Seated at patient's head
- Thumb superior to lateral 1/3 of clavicle
- Evaluate active external / internal rotation (compare to other arm)
- When patient moves arm into internal rotation fascial load clavicle anterior / medial
- When patient moves arm into external rotation maintain the clavicle.
- Repeat a few times
- Re-evaluate

