

<b>Condition/symptom</b>	<b>Area of tx-Find position of most pain: hold</b>	<b>Ipsi/contra</b>	<b>Pt. Position for tx &gt; = combine with</b>
Upper cervical/Subocc	Lg Toe IP	Contra	Extension>Lat FI, Rot
TMJ/dizzy/vertigo	Lg Toe IP	Contra	Lat FI>Flex/Ext, Rot
Eye/face/nose (Bell's) nose-breathing restrict	Lg Toe IP	Contra	Flexion>Lat FI, Rot
CT/shoulder pain	Lg Toe MTP	Contra	Rotation>FI/Ext, Lat FI/Ext
Ut/Ovary/PCOS, Blad Penis/Testicles	Lg Toe IP	Ipsi	Rot>FI/Ext, Lat FI/Ext
Thoracolumbosacral pain/tension	1st TMT	Contra	Rot>FI/Ext, Lat FI/Ext
Glute muscle pain/tension	Small Toe DIP	Ipsi	Ext>Lat FI, Rot
Hip <b>Joint</b> Pain	Small Toe DIP	Ipsi	Lat FI>FI/Ext, Rot
Wrist or hands pain/tension	Small Toe DIP	Contra	Ext>Lat FI, Rot
Side bend <b>at low ribs</b> opp QL & Transv Abd, <b>Scoliosis</b> <b>Rotary Scoliosis</b>	Small toe PIP	Restricted Motion Side	Lat FI>FI/Ext, Rot
Abd pain/weakness	Middle 3 (worst) DIP	Weak side move towards	Ext>Lat FI, Rot
<b>Colon, IC valve</b>			
Hamstring/Sciatica	Middle 3 (worst) MTP, <b>usually</b> [may be any]	Ipsi	FI>Lat FI, Rot
Mid Back (T/L junx)	Middle 3 (worst) <b>prox</b> MT head	Ipsi	Rot>FI/Ext, Lat FI/Ext
Elbow pain/tension	Middle 3 (worst) PIP	Contra	Ext>Lat FI, Rot

Pain across knuckles	<b>Worst one</b> on same row	Contra side	FI>Lat FI, Rot
Iliac crest, SI, Coccyx	Pinkie - DIP	Ipsi	Ext>Lat FI, Rot
<b>Foot or Ankle</b>	Pinkie - DIP	Contra	Lat FI>FI/Ext, Rot
<b>Axillary pain/tension</b> (serr ant) upper	Pinkie -PIP	Ipsi	Ext>Lat FI, Rot
<b>Chest tightness/pain angina/stents/ Breast pain/ Rib pain</b>	Pinkie -MCP	Both	Lat FI>FI/Ext, Rot
<b>Ipsi Shdr/TMJ Joint Pain Contra Hip Socket Pain, Mid Longitudinal Arch Fibromyalgia</b>	Thumb Saddle Joint	Ipsi Contra	Ext>Lat FI, Rot Ext>Lat FI, Rot
Cranial Nerves	Thumb IP Joint	Ipsi/Contra	FI/Ext>Lat FI, Rot
Rectum / Anus	Thumb IP Joint	Ipsi/Contra	Lat>FI/Ext, Rot
<b>Ipsi</b> Diaph rstrc'd,Circltn & Lymph Drain/Adjacnt Orgs	DIP of middle 3 digits	Ipsi/Contra	Ext>Lat FI, Rot
<b>Function</b> /Organs adjacnt to diaph	DIP of middle 3 digits	Contra	FI>Lat FI, Rot
Knee pain/tension	PIP of middle 3 digits	Contra	Ext, FI>Lat FI, Rot
<b>Brachial Plexus Issues</b>	MCP of middle 3 digits	Ipsi	Ext>Lat FI, Rot
<b>TV/Metatarsal Arch</b>	MCP of middle 3 digits	Contra	FI>Lat FI, Rot
Pain across knuckles	Worst one on same row contra side	contra	FI>Lat FI, Rot

**Corelation w/same**

**Joint:**

[Gait]:Contra Foot

[Interneuron]: Contra  
Hand

MCP, IP, DIP, [**ANY** Joint]

Worst one on same row contra side

Check Tension & Pain  
in **ALL Positions**