

Condition/symptom	Joint: hold <u>Firmly</u> at end/ROM	Ipsi/contra	Positions: most painful > = combine with
Upper cervical/Subocc	Lg Toe IP	Contra	Extension>Lat FI, Rot
TMJ/dizzy/vertigo/Tinnitus	Lg Toe IP	Contra	Lat FI>Flex/Ext, Rot
Eye/face/nose (Bell's) nose-breathing restriction	Lg Toe IP	Contra	Flexion>Lat FI, Rot
C-T/shoulder pain	Lg Toe MTP	Contra	Rotation>FI/Ext, Lat FI
Blad & Sex organs, <u>most Symptomatic side</u>	Lg Toe IP	Ipsi	Rot>FI/Ext, Lat FI
T-L-sacral pain/tension	1st TMT	Contra	Rot>FI/Ext, Lat FI
Glute muscle pain/tension	Small Toe DIP	Ipsi	Ext>Lat FI, Rot
Hip <u>Joint</u> Pain	Small Toe DIP	Ipsi	Lat FI>FI/Ext, Rot
Wrist/hand pain/tension	Small Toe DIP	Contra	Ext>Lat FI, Rot
Side bend at low ribs Opp QL/TV Ab, <u>Scoliosis</u>	Small toe PIP Releases TV abs & Quad Lumb <u>opp side</u>	Restricted side	Lat FI>FI/Ext, Rot
<u>Rotary Scoliosis most Symptomatic side</u>	Small Toe MTP	Ipsi	Rot>FI/Ext, Lat FI
<u>Abd pain/weakness Olgans overlaid by ms</u>	Middle 3 (worst) DIP	<u>Weak side</u> Int ab obliques	Ext>Lat FI, Rot
<u>Hamstring/Sciatic & Femoral N.</u>	Middle 3 (worst) MTP, <u>usually</u> [cld be 1,5]	Ipsi	FI>Lat FI, Rot
<u>Thigh adductors</u>	Middle 3 (worst) MTP, <u>usually</u> [cld be 1,5]	Ipsi	Lat FI>FI/Ext, Rot
Mid Back (T/L junx)	Middle 3 (worst) <u>prox</u> MT head	Ipsi	Rot>FI/Ext, Lat FI
Elbow pain/tension	Middle 3 (worst) PIP	Contra	Ext>Lat FI, Rot
Pain across knuckles	<u>Worst one</u> on same row	Contra side	FI>Lat FI, Rot

Condition/symptom	Joint: hold Firmly at end/ROM	Ipsi/contra	Positions: most painful > = combine with
Iliac crest, SI, Coccyx	Pinkie - DIP	Ipsi	Ext>Lat FI, Rot
Foot or Ankle	Pinkie - DIP	Contra	Lat FI>FI/Ext, Rot
Axillary pain/tension (serratus anticus)	Pinkie -PIP	Ipsi	Ext>Lat FI, Rot
Chest pain/Angina/ Stents/Breast/Rib pain	Pinkie -MCP <i>Dilates Coronary Artery</i> via capsulovisceral reflex	Both	Lat FI>FI/Ext, Rot
<i>Ipsi</i> Shdr socket/ <i>TMJ</i> / <i>Contra</i> Hip Socket Pain, <i>Mid Longitudinal Arch</i> <i>Fibromyalgia</i>	Thumb Saddle Joint	Ipsi/Contra	Ext>Lat FI, Rot
Cranial Nerves	Thumb IP Joint	Ipsi/Contra	FI/Ext>Lat FI, Rot
TV, Desc Colon/Rec/Anus	DIP of middle 3 digits	Ipsi/Contra	Lat FI>FI/Ext, Rot
Ipsi Diaph rstrc'd, Circ & Lymph Drain/Adjacent Organs	DIP of middle 3 digits	Ipsi	Ext>Lat FI, Rot
Function/Organs adjacent to diaphragm	DIP of middle 3 digits	Contra	FI>Lat FI, Rot
Knee pain/tension	PIP of middle 3 digits	Contra	Ext, FI>Lat FI, Rot
Frozen sh/Rot Cuff	MCP of middle 3 digits	Ipsi	Lat FI>FI/Ext, Rot
Brachial Plexus Issues	MCP of middle 3 digits, <i>usually</i> [cld be 1,5]	Ipsi	Ext>Lat FI, Rot
TV/Metatarsal Arch	MCP of middle 3 digits	Contra	FI>Lat FI, Rot
Pain across knuckles	Worst one on same row	Contra	FI>Lat FI, Rot
Synonymous Joint: Foot for Hand/ <i>or</i> hand for foot	MCP, IP, DIP, [ANY Joint]. <i>Occasionally</i> <i>opposite</i> foot for foot or hand for hand	Contra <i>Usually</i>	<i>in ALL Positions</i> <i>Occasionally, Ipsi</i>