

	Primary	Technique Mode	Secondary	Technique Mode
Cervical Spine Rotation	Anterior cervical spine	Down regulate	Cervical Facets	Down regulate/Mobilise
	Posterior Gleno-humeral Joint Capsule	Mobilise	L4-S1	Mobilise
	Upper Limb	Down regulate	Posterior Hip Capsule	Mobilise
	Occiput	Mobilise	Hamstring/Sciatic Nerve Pathway	Down regulate
	Cervico-Thoracic Junction	Down regulate/Mobilise	Calves	Down regulate
	Rib Angles	Down regulate		
Thoracic Spine Rotation	Posterior Gleno-humeral Joint Capsule	Mobilise	Posterior Hip Capsule	Mobilise
	Upper Limb	Down regulate	Hamstring/Sciatic Nerve Pathway	Down regulate
	Anterior cervical spine	Down regulate	Calves	Down regulate
	Cervico-Thoracic Junction	Down regulate/Mobilise	Occiput	Mobilise
	Anterior Lumbar Spine/ Inguinal	Mobilise	Cervico-Thoracic Junction	Down regulate/Mobilise
	Rib angles over costo-vertebral joints 2-5. Look for other peri-structural tissue points in the posterior thoracic cage that are restricted	Down regulate/Mobilise		
Gleno-humeral Internal Rotation	Anterior cervical spine	Down regulate	Rib Angles	Down regulate
	Posterior Gleno-humeral Joint Capsule	Mobilise	Occiput	Mobilise
	Upper Limb	Down regulate	Cervical Facets	Down regulate/Mobilise
Gleno-humeral External Rotation	Anterior cervical spine	Down regulate	Rib Angles	Down regulate
	Posterior Gleno-humeral Joint Capsule	Mobilise	Occiput	Mobilise
	Upper Limb	Down regulate	Cervical Facets	Down regulate/Mobilise
ULTT1&2	Anterior cervical spine	Down regulate	Rib Angles	Down regulate
	Posterior Gleno-humeral Joint	Mobilise	Occiput	Mobilise

Range of Motion Technique Reference

	Capsule			
	Upper Limb	Down regulate	Cervical Facets	Down regulate/Mobilise
Lumbar Spine Extension/lateral flexion	Anterior Lumbar Spine/ Inguinal	Mobilise	L4-S1 facets	Mobilise
	Femoral Nerve Pathway and distally	Down regulate	Rib angles over costo-vertebral joints 2-5. Look for other peri-structural tissue points in the posterior thoracic cage that are restricted	Down regulate/Mobilise
	Cervico-Thoracic Junction if excessively flexed	Down regulate/Mobilise	Hamstring/Sciatic Nerve Pathway	Down regulate
	Rib angles mid thoracic spine or thoraco-lumbar junction if excessively flexed	Down regulate/Mobilise	Calves	Down regulate
Lumbar Spine Flexion	Anterior Lumbar Spine/ Inguinal	Mobilise	Any "over contributing" areas of the posterior chain in the lumbar spine	Down regulate
	Femoral Nerve Pathway and distally	Down regulate		
	Any "over contributing" areas of the posterior chain cervical spine to calves other than in the lumbar spine	Down regulate		
	Techniques to mobilise any under contributing areas of the posterior chain cervical spine to calves	Mobilise		
Straight Leg Raise	Anterior lumbar spine/ inguinal	Mobilise	Occiput	Mobilise
	Femoral nerve pathway and distally	Down regulate	Rib angles over costo-vertebral joints 2-5. Look for other peri-structural tissue points in the posterior thoracic cage that are restricted	Down regulate/Mobilise
	Anterior cervical spine	Down regulate	Any other "over contributing" areas of	Down regulate

Range of Motion Technique Reference

			the posterior chain cervical spine to calves	
	Any under contributing areas of the posterior chain cervical spine to calves	Mobilise		
Hip Internal Rotation	Anterior lumbar spine/ inguinal	Down regulate	Anterior cervical spine	Down regulate
	Femoral nerve pathway and distally	Down regulate	Any under contributing areas of the posterior chain cervical spine to calves	Mobilise
	Posterior greater trochanter	Mobilise		
	Ischium	Mobilise		
	45 ° anterolateral line of femur	Down regulate		
Hip External Rotation	Anterior lumbar spine/ inguinal	Mobilise	Anterior cervical spine	Down regulate
	Femoral nerve pathway and distally	Down regulate	Techniques to mobilise any under contributing areas of the posterior chain cervical spine to calves	Mobilise
	Posterior greater trochanter	Mobilise		
	Ischium	Mobilise		
	45 ° anterolateral line of femur	Down regulate		
	L4-S1	Mobilise		
Thomas Test	Anterior lumbar spine/ inguinal	Mobilise	Anterior cervical spine	Down regulate
	Femoral nerve pathway and distally	Down regulate	Any under contributing areas of the posterior chain cervical spine to calves	Mobilise
	45 ° anterolateral line of femur	Down regulate		