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# Asthma & Cardiac Physician Treatment (Techniques)

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Auxiliary to the American Osteopathic Association

ASTHMA

Physician treatment (Technique) "CARDIAC"

- x<sup>c</sup> (1) Usual corrective measures to all abnormal tissue imbalances. (Head neck throat pelvis etc.) & foot corrections!
- x<sup>c</sup> (2) Patient upon elbows prone chin in hands. Side bend spine via elbows to convexity. Dr: extend spine to side of convexity. (Also for sag. in feet, tooth, gang. tonsil, pos. vein.)
- x<sup>c</sup> (3) Patient prone ~~same as #2~~. Pillow ~~on the~~ <sup>on the</sup> ~~feet~~ <sup>feet</sup>. (Cervical only)
- Dr: Lateral pressure against convexity
- x<sup>c</sup> (4) Patient <sup>on side of convexity</sup> ~~supine~~ <sup>supine</sup> & pillow <sup>under convexity</sup> ~~interasp.~~ <sup>interasp.</sup> arm elevated & pectoral & intercostal stretch & Dr. pull arm (asthma)
- (4B) Stretch of downward force maintained on ribs. Sympathetic pump. (asthma)
- (5) Pectoral border pressure (asthma)
- (6) <sup>Downward</sup> Intercostal pressure on expiration & finger tip (asthma)
- x<sup>c</sup> (7) Cervical traction & flexion, sidebending & rotation
- (8) Tongue stretch (sympathetic stimulation)
- (9) " & hyoid & tracheal mobilization
- (10) Mandibular pump (2 way)
- (11) Rectal divulsion ("Antispasmodic" or "cololytic" effect) & coccygeus stretch.
- x<sup>c</sup> (12) Anatonotr - Sphincter
- x<sup>c</sup> (13) Heart belt x<sup>c</sup> (14) Leg wraps. x<sup>c</sup> (15) Chest & loins