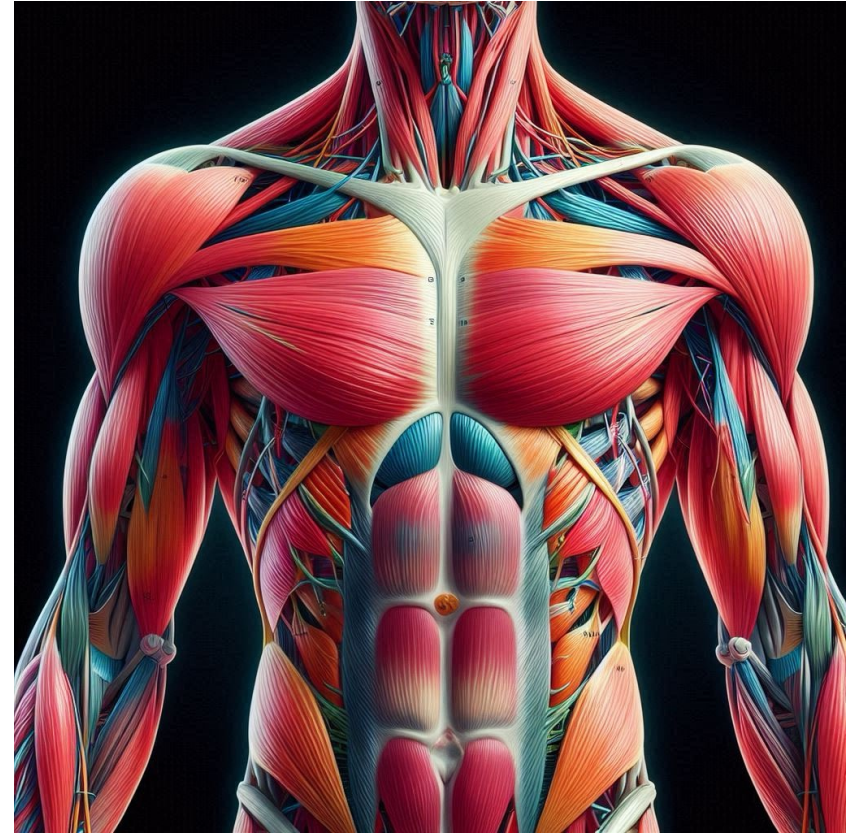


# OSTEO MANUAL SUMMIT 2025

THEME: "One Nation, One Curriculum – A New Perspective to Physiotherapy"

DATE: 31st August 2025

## Techniques for MUSCLE CHAIN REBALANCING



Dr. Marta Stancari

# the laws in our bodies



**1. Law of equilibrium**  
**Balance by the proprioceptive system**

**2. Laws of economy**  
**More movement and less energy wasted**

**3. law of comfort**  
**Pain reduction thanks to compensation**



**Joints**



**Muscles**



**Skin**



**Blood vessels**



**Digestive system**



**Endocrine system**



**Nervous system**

**DYSFUNCTION**

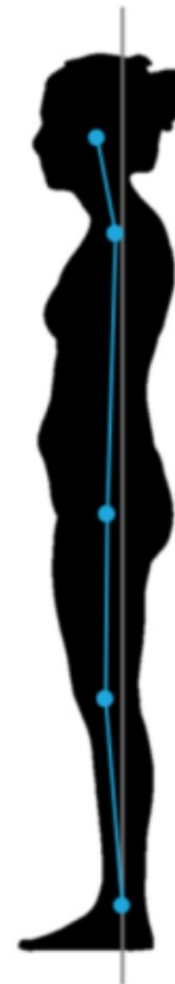
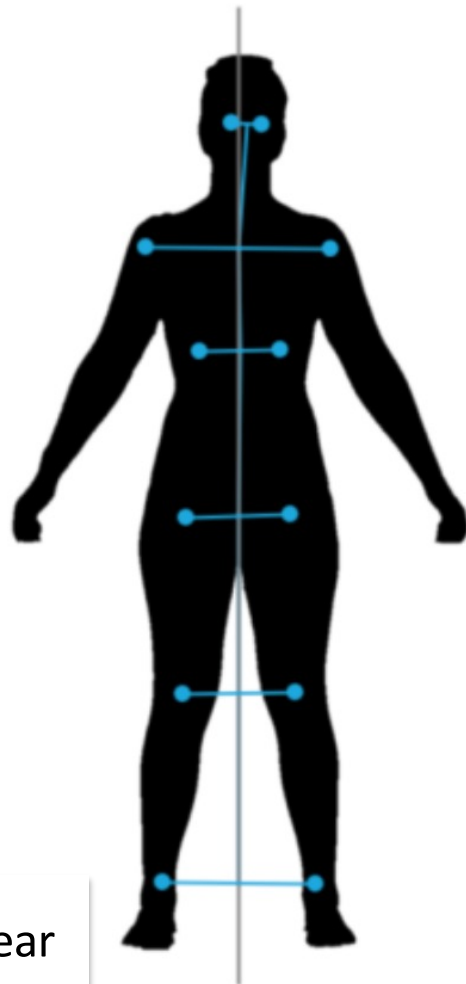


**3 LAWS**

**ADAPTATION**

**PATHOLOGIES**

# 1. Assessment of the posture

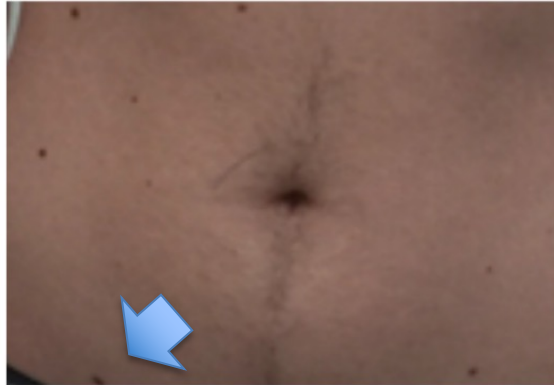


front, side and rear

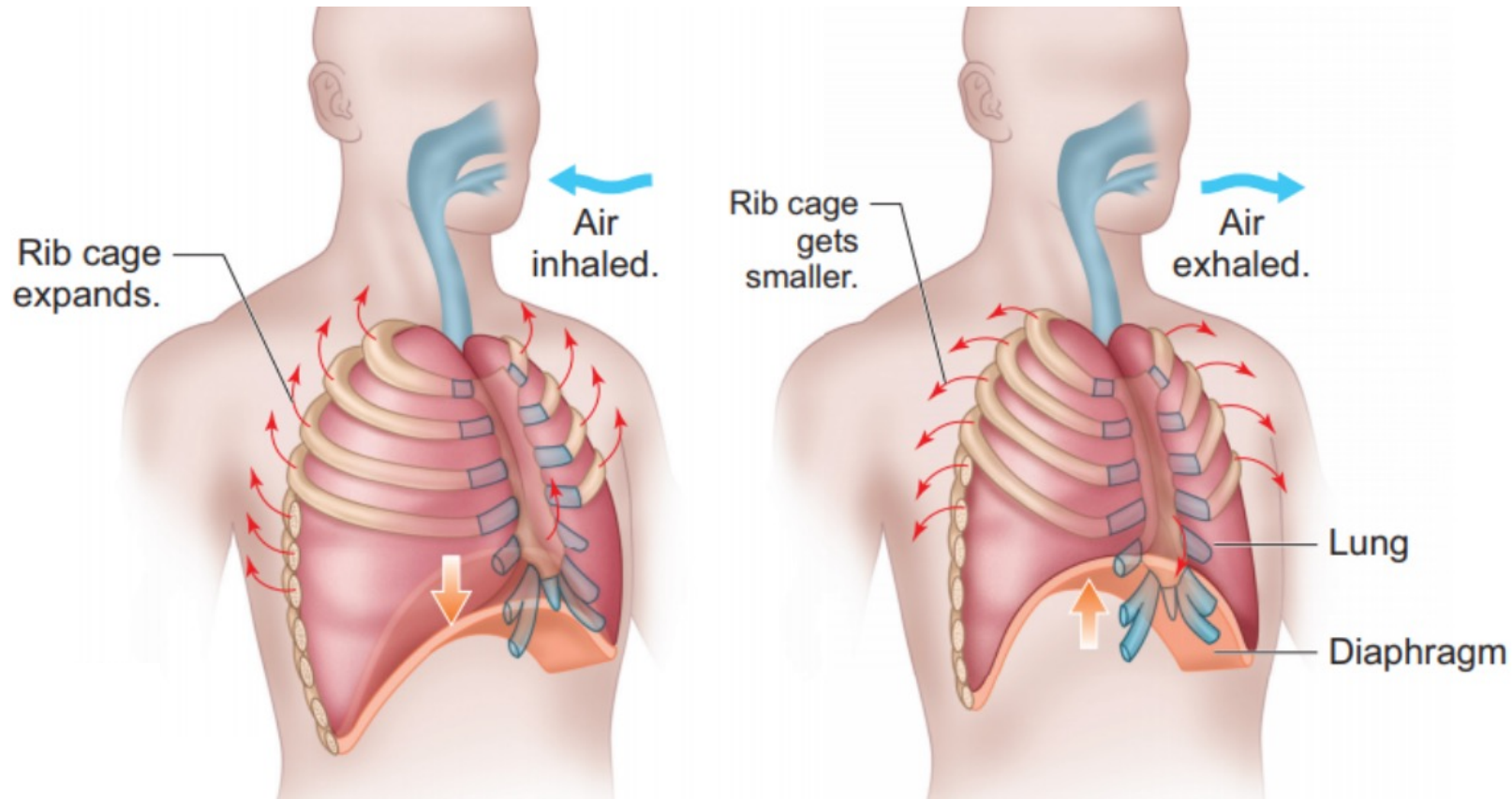


## 2. Assessment of the navel

presence of abdominal tension



# 3. Assessment of the diaphragm



# 3. Assessment of the diaphragm



# TREATMENT



# Diaphragm - Treatment

**Objectiv:** Relaxation of the anterior insertions of the diaphragm

**Patient:** is in supine position with support under the knees and under the head

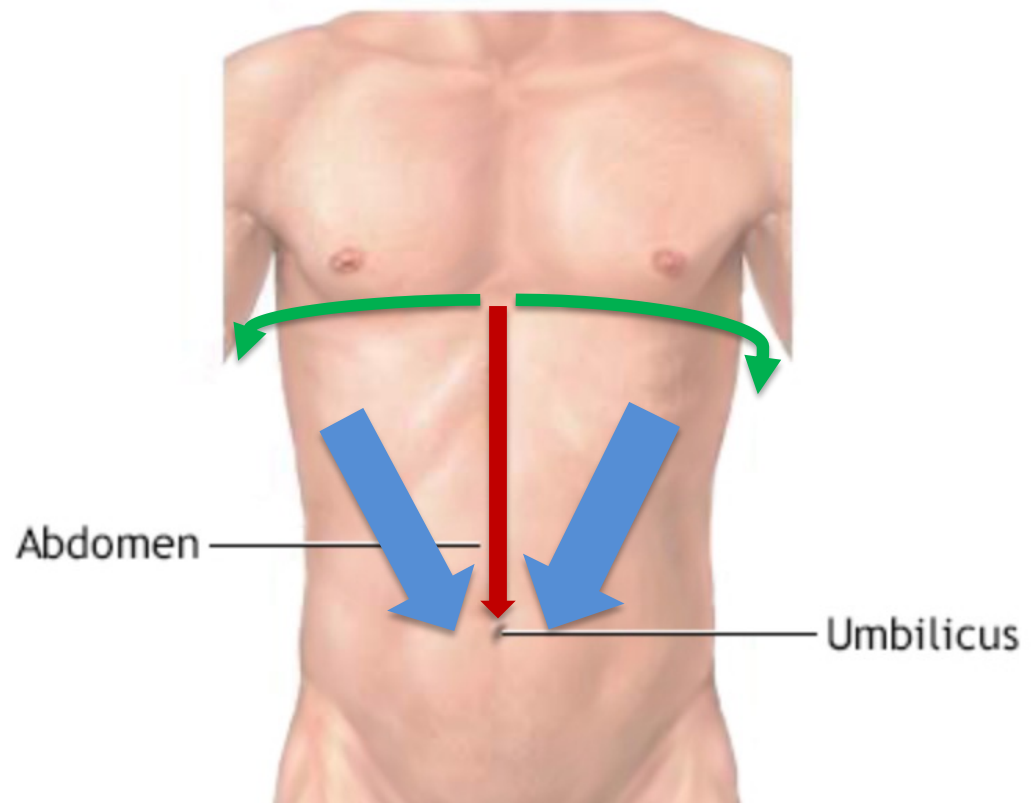


# Diaphragm - Treatment

1. from the xiphoid process towards the navel (red arrow)

2. from the costal margin to the navel (blue)

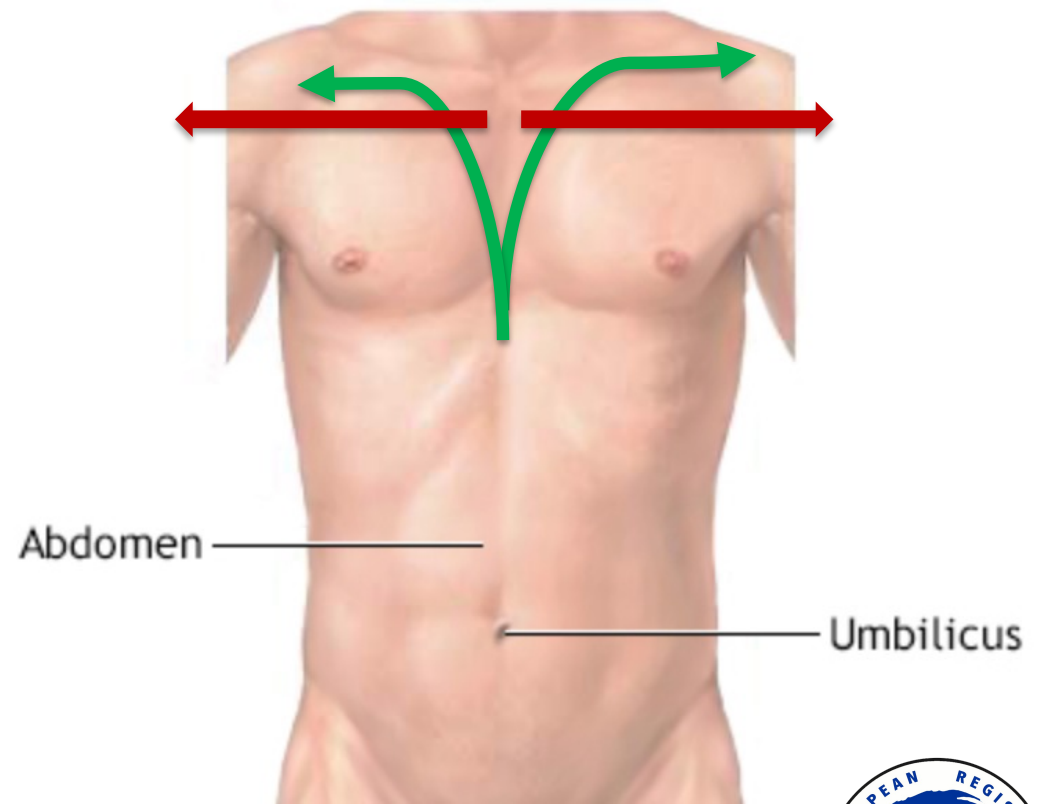
3. along the costal borders with the thumbs and reaching to the back (green)



# Diaphragm - Treatment

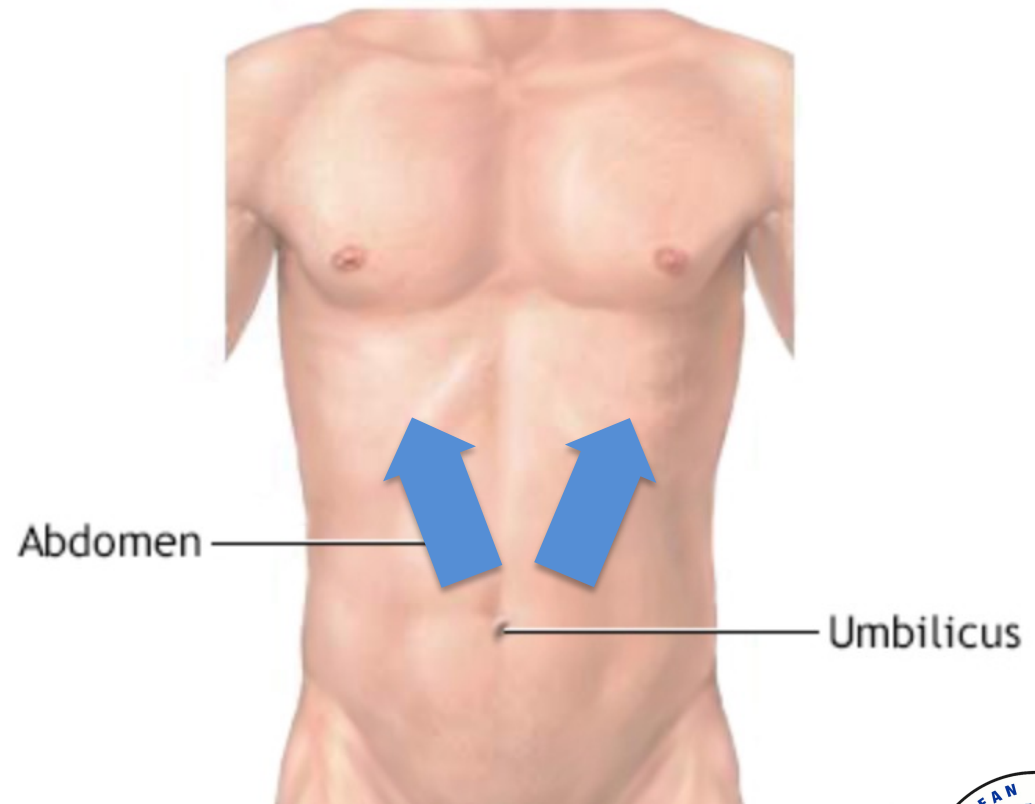
4. Roll pinch along the sternum to the edges of the clavicle (green arrows)

5. Roll your fingers along the edge of the last rib (red)

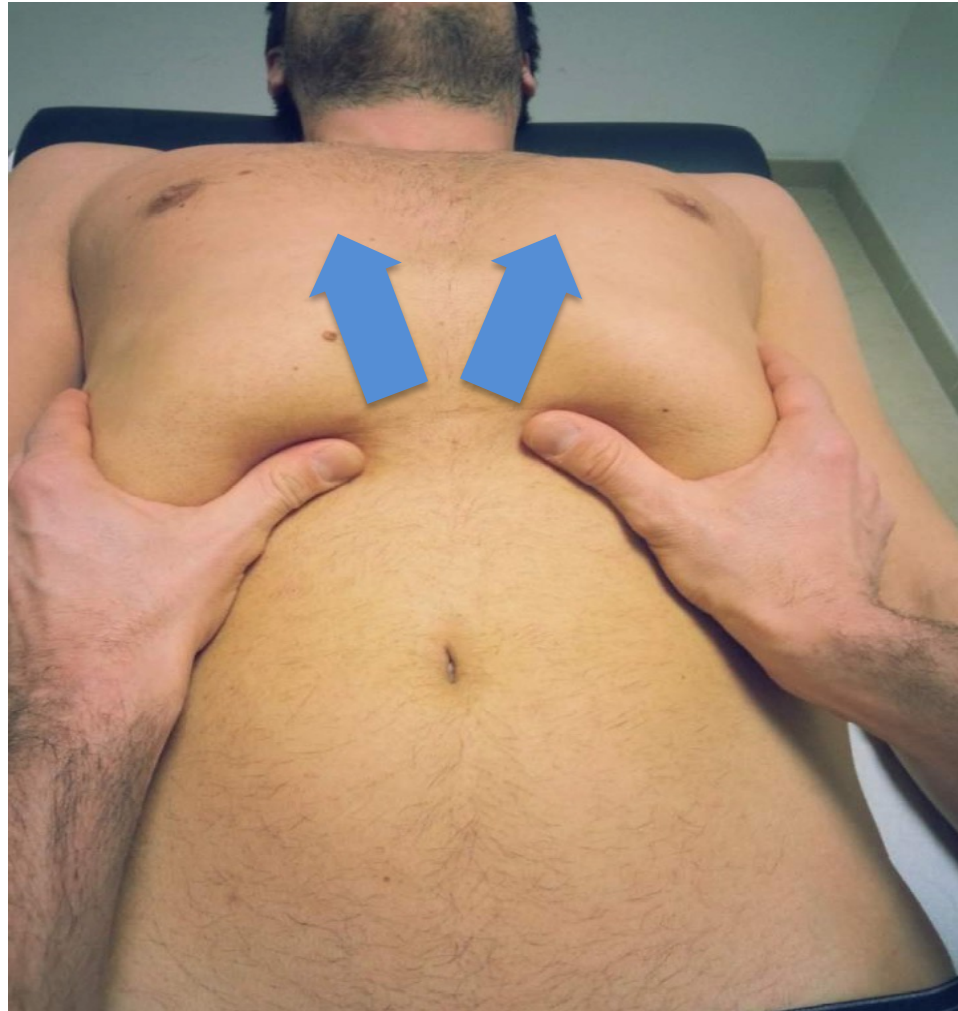


# Diaphragm - Treatment

6. Pressure and traction with the thumbs under the rib cage.



# Diaphragm - Treatment



# Diaphragm - Treatment

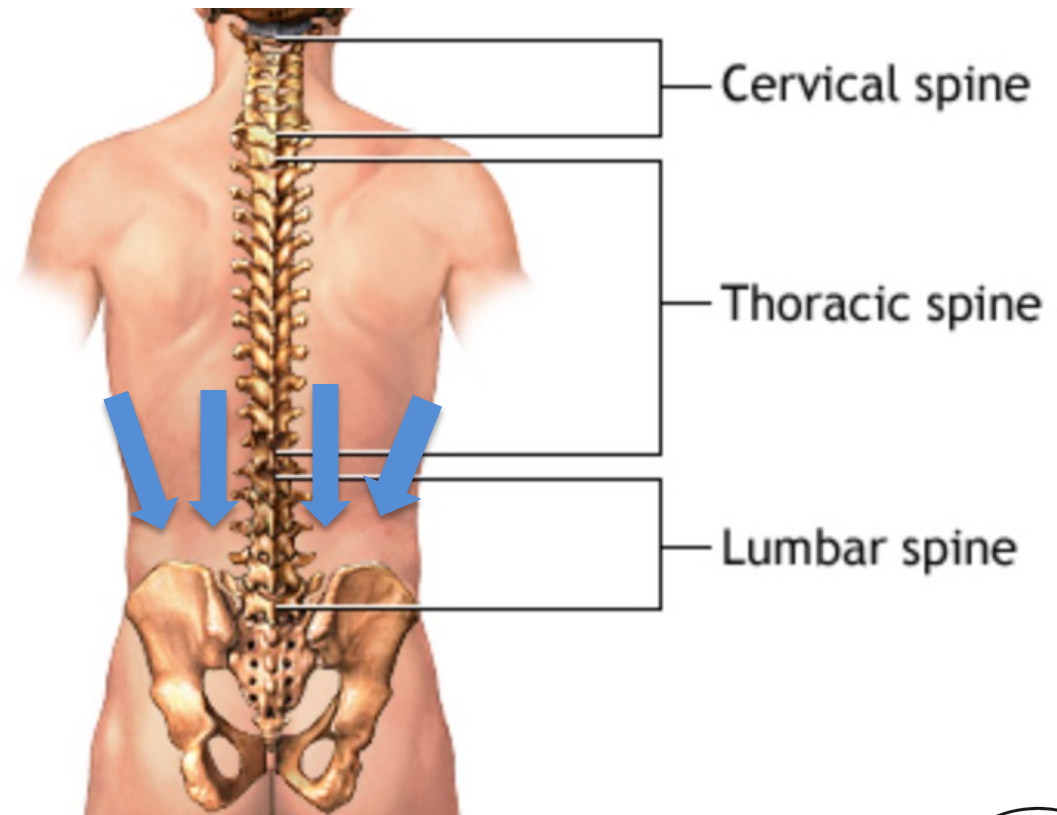
**Objectiv:** Relaxation of the posterior insertions of the diaphragm

**Patient:** is in prone position with support under the ankle and under arm/shoulder



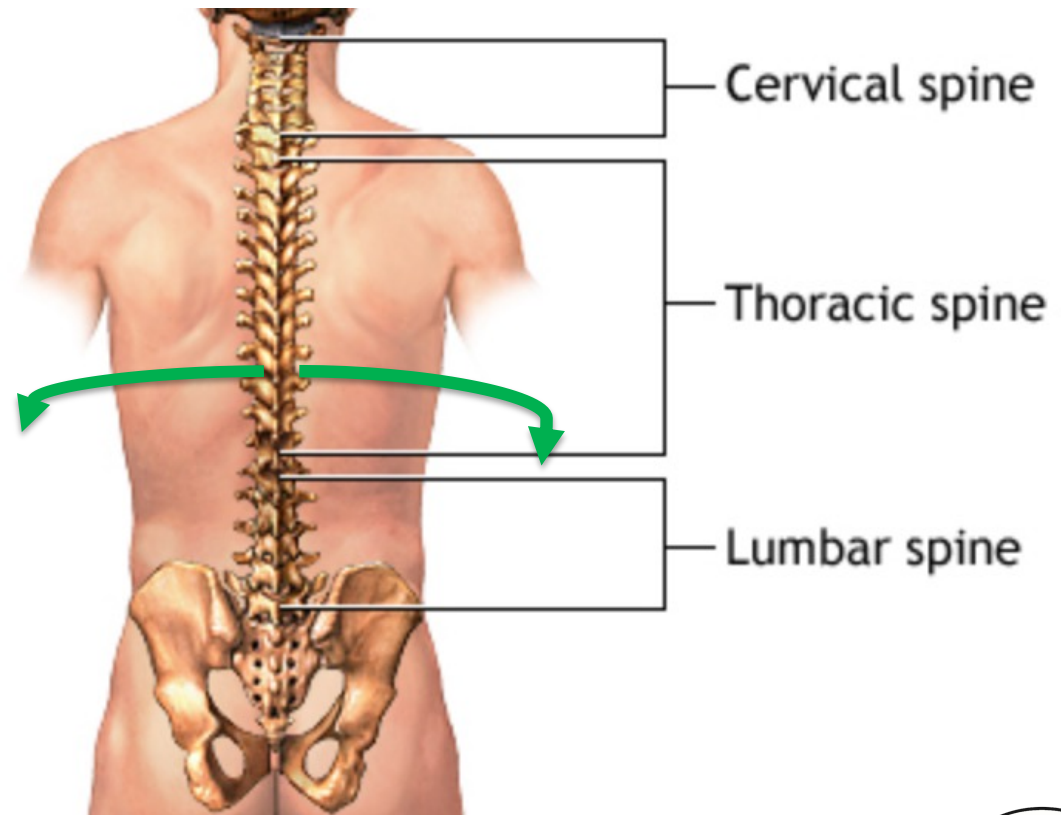
# Diaphragm - Treatment

1. with two fingers (two hands) along the spine from the D12 to L3/L4 and the floating ribs up to L3/L4.



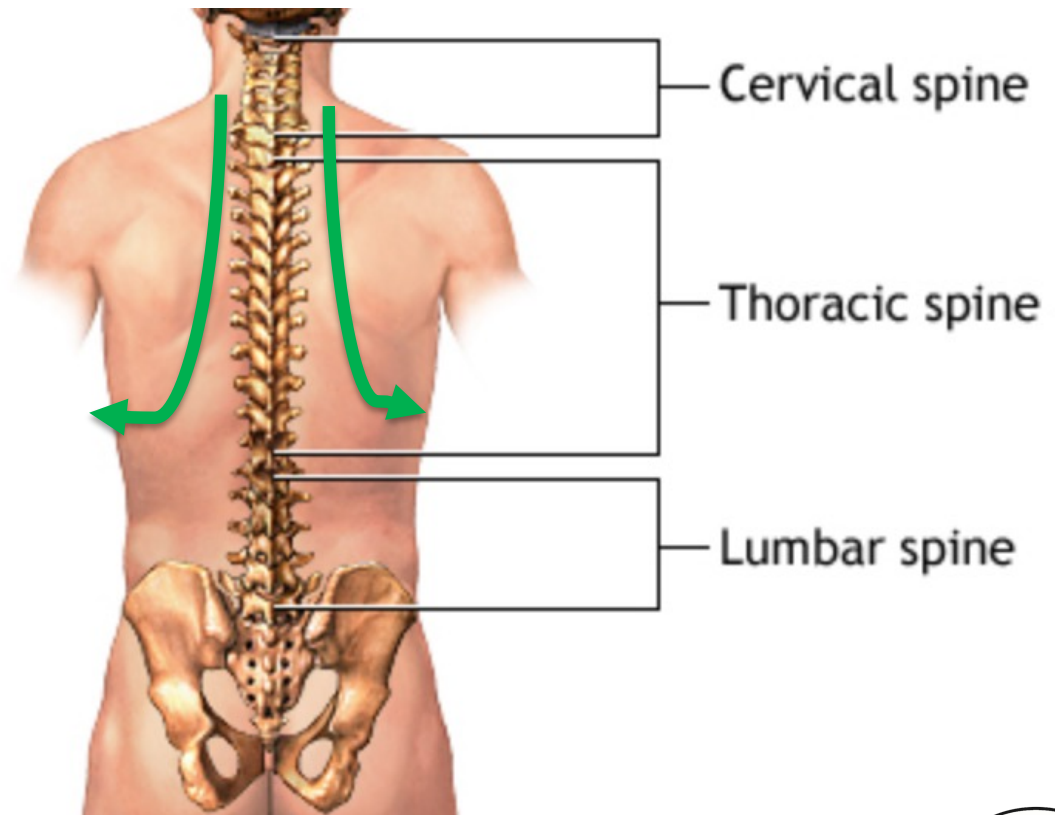
# Diaphragm - Treatment

2. with the thumb from the centre to lateral

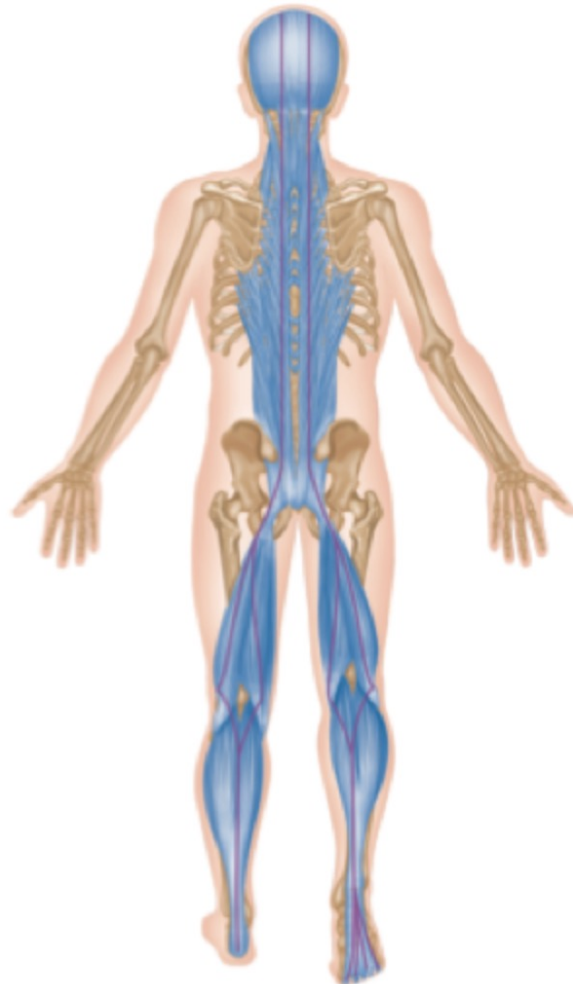


# Diaphragm - Treatment

3. Roll the skin on the rib cage towards the floating ribs.

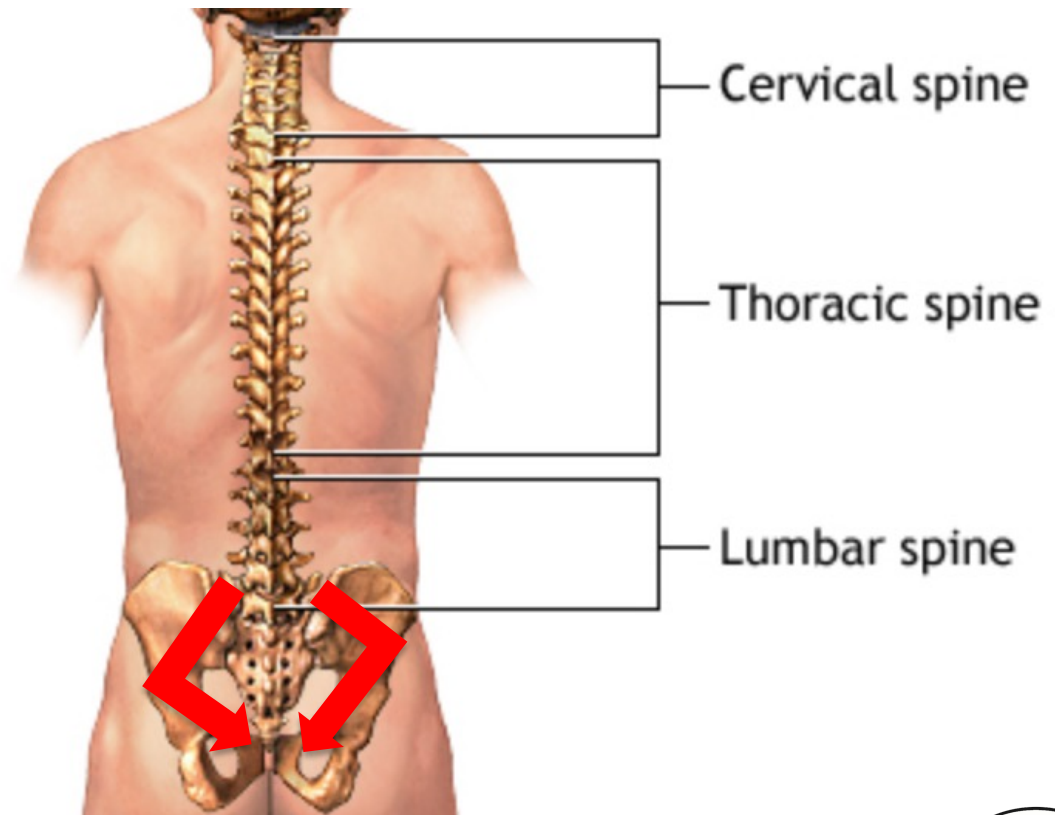


# POSTERIOR STATIC CHAIN TREATMENT



# POSTERIOR STATIC CHAIN

1. sacral area (red arrow)

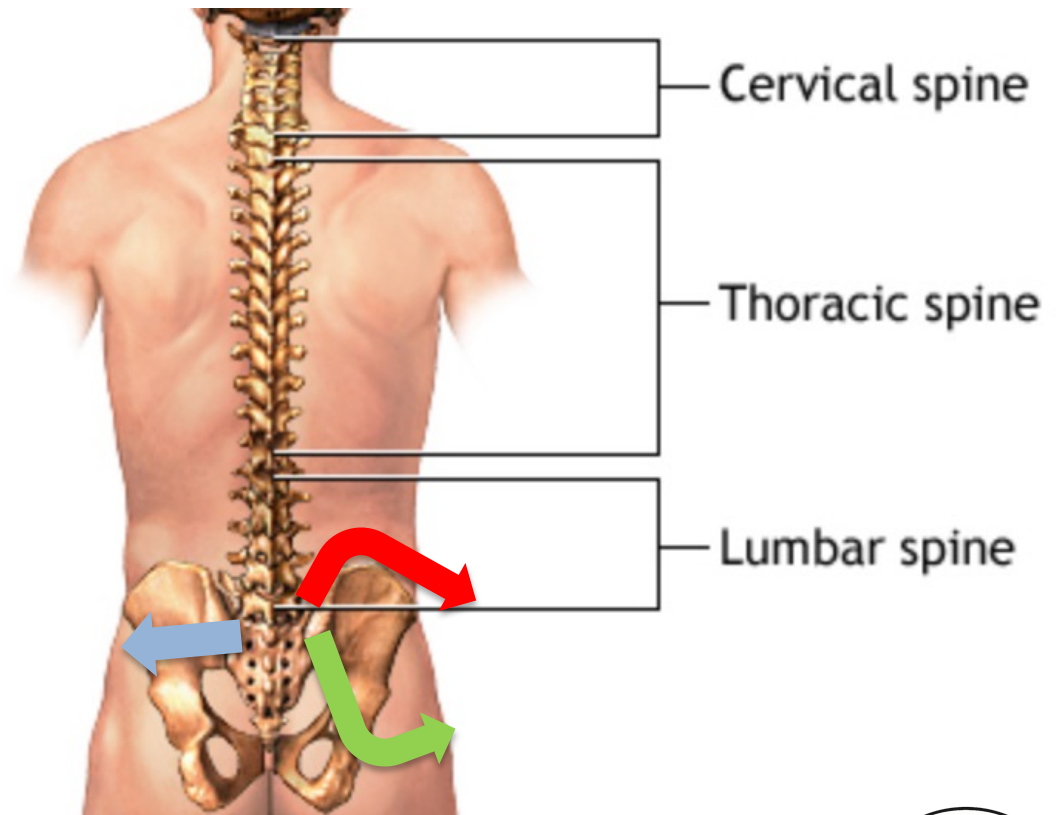


# POSTERIOR STATIC CHAIN

2. PSIS to ASIS with thumb  
(red)

3. from PSIS to the gluteus  
and then to ASIS (blue)

4. from PSIS to the greater  
trochanter (green)

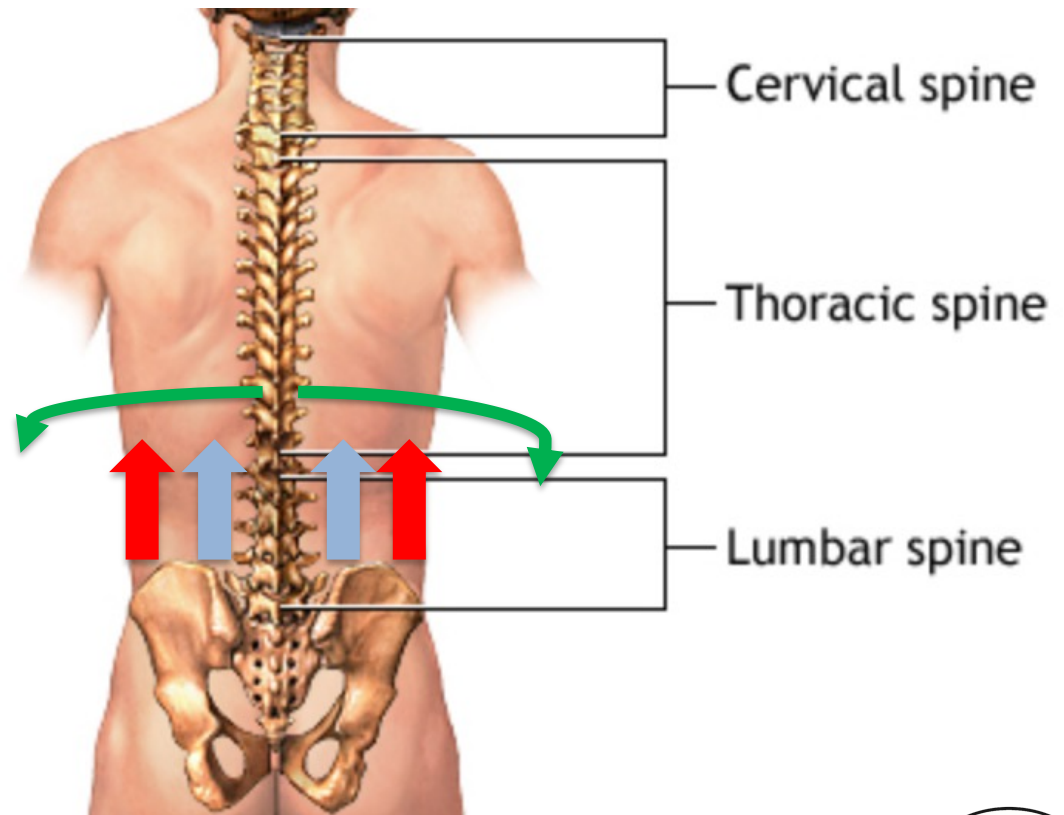


# POSTERIOR STATIC CHAIN

5. from the iliac crest to D12  
(blue)

6. from the iliac crest on  
paravertebral to D12 (red)

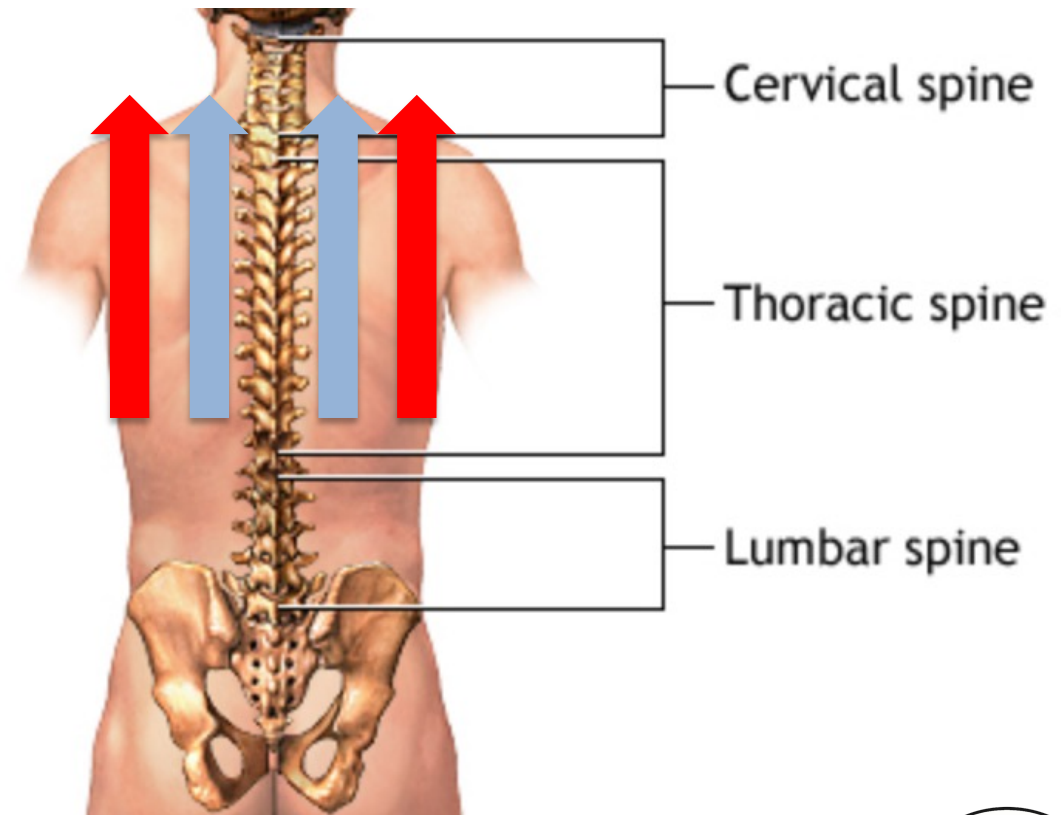
7. from D12 along the  
coastline to the floating ribs  
(green)



# POSTERIOR STATIC CHAIN

8. from the diaphragm  
to the nuchal line

9. from the diaphragm  
to the nuchal line on the  
side of the paravertebral  
muscles

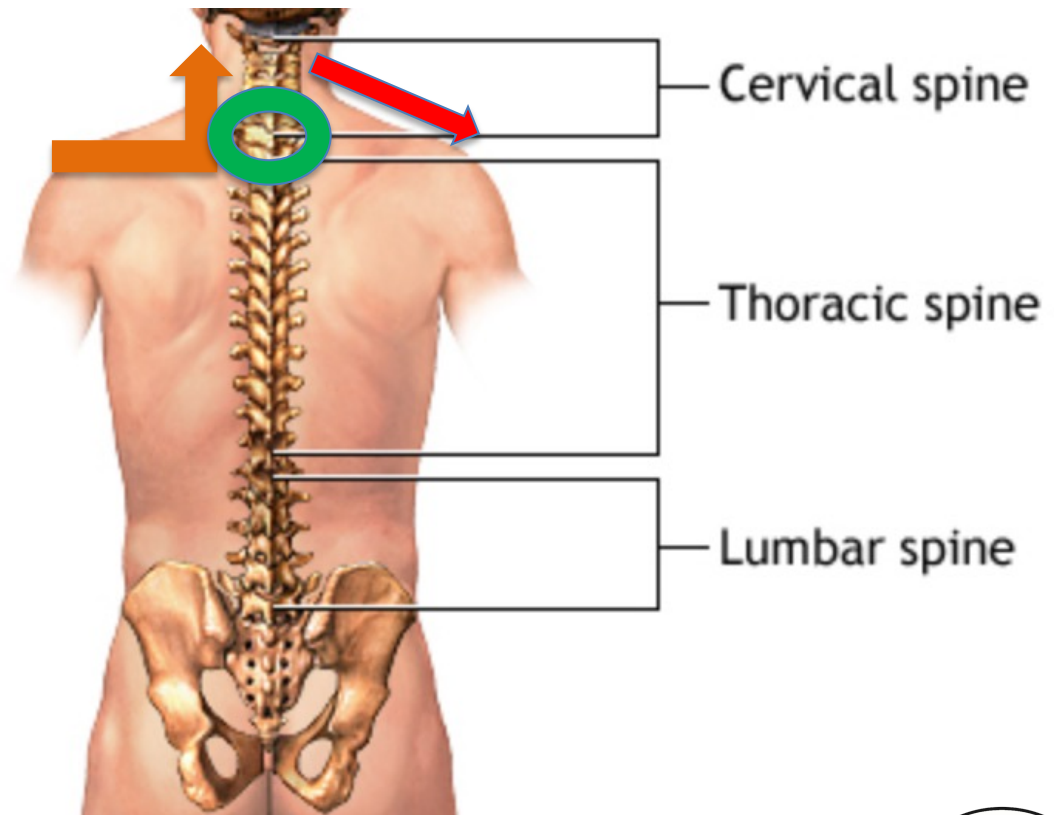


# POSTERIOR STATIC CHAIN

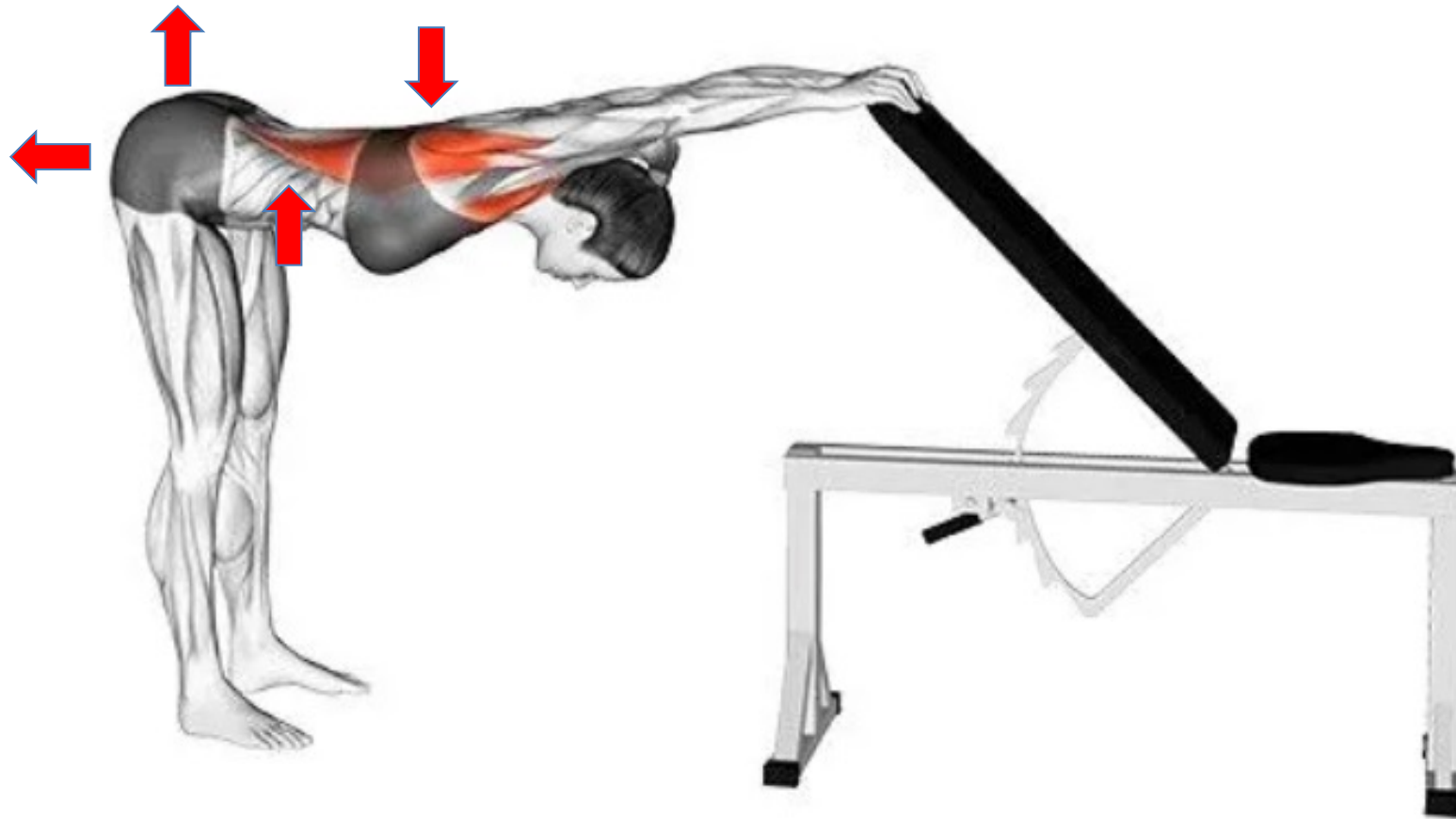
10. On the upper trapezius to the acromion (red)

11. circles around C7 in both directions (green)

12. upper trapezius to the occiput and mastoid (orange)



# Global reprogramming of chains



45 seconds x 3 times





MARTA STANCARI

CHINESIOLAB

**Thank you for your attention.**