

# Rib Spring Test

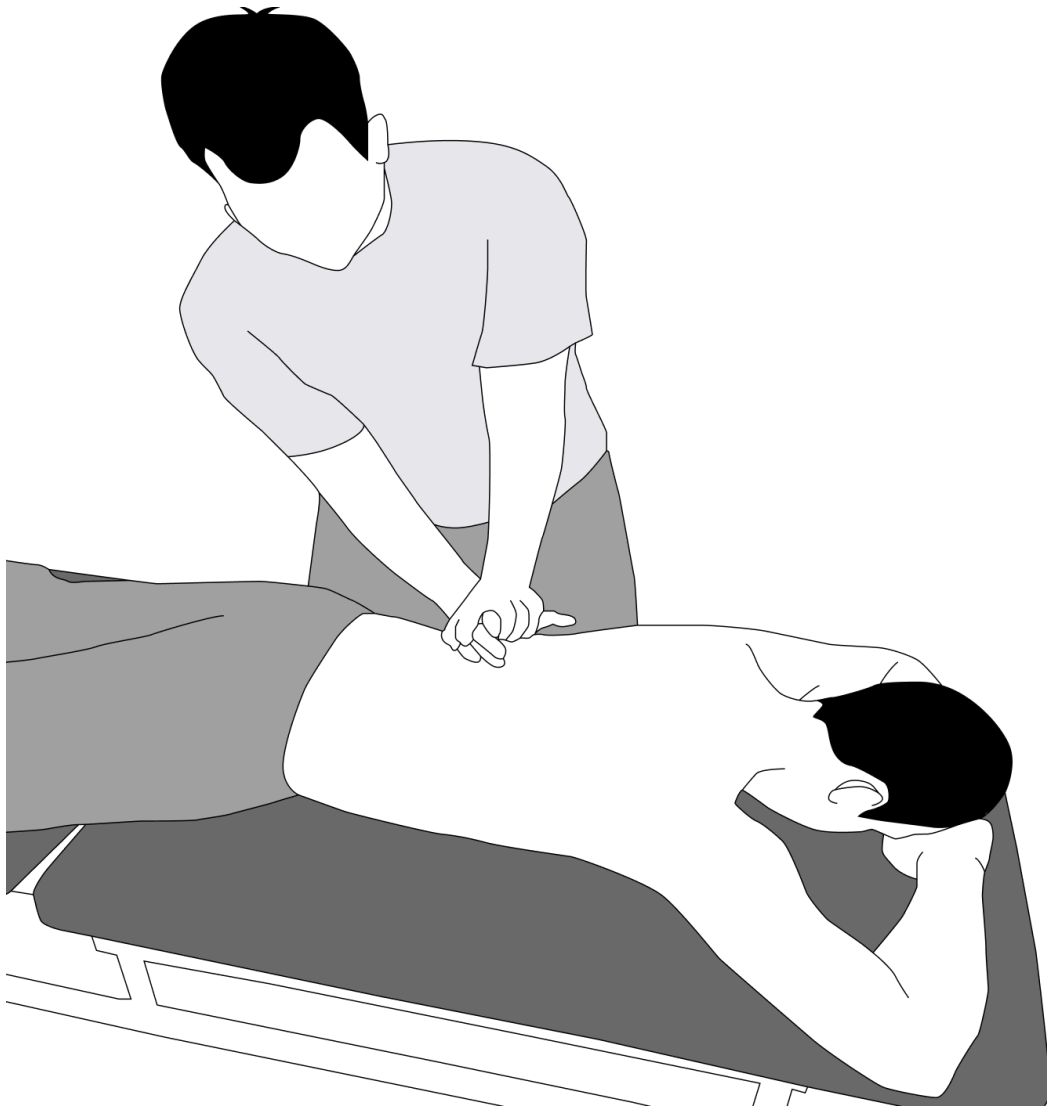
Patient name: \_\_\_\_\_ Age: \_\_\_\_\_

Assessor: \_\_\_\_\_

Date of assessment: \_\_\_\_\_

## Instructions

1. Ask the patient to lie in a prone position (face down) on a stable treatment table, ensuring they are relaxed and comfortable to minimize muscle guarding.
2. Palpate the rib cage to locate the targeted rib, focusing on areas where the patient has reported pain or restriction.
3. Position your thenar eminence (base of the palm) or hypothenar region over the rib to apply pressure, ensuring your hands are stable and well-aligned for controlled force application.
4. Gradually press down on the rib in an anterior direction to assess mobility and response. Maintain the pressure for a few seconds to gauge stiffness or restriction.



5. Quickly release the pressure, allowing the rib to "spring" back into its resting position.
6. Pay close attention to the patient's response, looking for pain reproduction, stiffness, or abnormal movement.
7. Compare with the opposite side to detect asymmetry.

## Result

- Positive:** Patient experiences pain reproduction, restricted rib mobility, or discomfort upon pressure application and release, indicating possible rib dysfunction or hypomobility.
- Negative:** Patient has no pain reproduction, normal rib recoil, and symmetrical movement, suggesting no significant rib dysfunction.

## Additional notes and recommendations