



# Left Posterior Mediastinum Inhibition “Rule(s) of Thumb”

by Jennifer Platt, DPT, ATC, PRC

\*Right Intercostal Inhibition is not the same as Left Posterior Mediastinum Inhibition

- Right Intercostal Inhibition is needed for Frontal Plane
- Left Posterior Mediastinum is needed for Transverse Plane

- 1) Left AF IR with Left Arm Reaching (Right Thoracic Rotation) = Left Posterior Mediastinum
- 2) Neutral Pelvis with Right Arm Reaching (Left Thoracic Rotation) = Left Posterior Mediastinum
- 3) Left AF IR with Bilateral Arm Reaching (Neutral Trunk) = Left Posterior Mediastinum

## Recommended PRI Non-Manual Techniques for Left Posterior Mediastinum Inhibition:

Seated Right Arm Respiratory Reach  
(See Appendix – Left Posterior Mediastinum Inhibition)



Standing Supported Respiratory Left AF IR  
(See Appendix – Left Posterior Mediastinum Inhibition)



PRI Wall Supported Squat with Alternating Respiratory Trunk Rotation  
(See Appendix – Left Posterior Mediastinum Inhibition)



Standing Wall Press with Left Posterior Mediastinum Expansion  
(See Appendix – Left Posterior Mediastinum Inhibition)



All Four Left Posterior Mediastinum Expansion in Left Trunk Rotation  
(See Appendix – Left Posterior Mediastinum Inhibition)

## Other Possible Non-Manual Techniques:

Standing Resisted Alternating Respiratory Reach



Standing Supported Passive Left AF IR with Right Trunk Rotation



All Four Left Posterior Mediastinum Expansion in Left AF IR

