

## Group 1- Controlled Practice Methods

- 1 Get a blood-pressure cuff and pair up with someone
- 2 Pump the cuff up to 20 mmHg and place a towel over the cuff
- 3 Have the patient lay prone on the cuff with the cuff under the sternum (avoid the xiphoid process)
- 4 Have the meter within reading distance for the therapist
- 5 Technique Practice
  - a. Perform PA mobilization in t-spine and find “end feel.” Note the BP cuff pressure reading.
  - b. Perform a thoracic HVLA Thrust using the feedback from the cuff meter to judge the pressure – your HVLA thrust pressure should be similar to the end feel pressure in 5a

## Group 2- Repetition and Body Control

- 1 Find the metronome at your table (on the iPhone)
- 2 Set the metronome to 60 Beats per minute
- 3 Sitting in a chair, start by extending the pronated R wrist and dorsiflexing the R foot creating an in-phase movement pattern to the given beat (couple the motion with R wrist flexion and R foot plantarflexion)
- 4 Start the timer (push the number 1)
- 5 After about 30 seconds, switch to an anti-phase movement pattern
- 6 After the full minute, increase the beat frequency (90, 120, 150...) and repeat steps 3-5

