

## Technique for Evaluating Thoracic Spine Disc Lesions

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**Lateral Translations:** for segment T3/4 to T10/11 and segmental ribs. Compress one rib (i.e. left rib 6) (from the lateral side or dorsolateral side) and glide the contralateral rib just above (right rib 5) PURELY medially in the transverse plane. NORMALLY, there should be little/if any movement. The primary structure being tested is the disc! Test both combinations of the segment and assess for pain. A non-painful disc will not have pain on this test.

1. Adapted from:

Lee D. *The Thorax, An Integrated Approach*. Diane G Lee Physiotherapist Corporation, White Rock, BC, Canada, 2003.