

Rib Spring Test

Name: _____ Date of birth: _____

Healthcare provider: _____ Date: _____

Test overview

The Rib Spring Test is a diagnostic assessment used to evaluate the mobility and integrity of the rib cage, particularly focusing on the costovertebral joints. This test helps identify rib dysfunction, pain, or restricted movement that may be causing discomfort or impairing function.

Test procedure

1. Position the patient prone (face down) on an exam table with a pillow placed under the chest for comfort. The patient should relax their arms by their sides.
2. Place your hands on the patient's back, covering the area over the ribs.
3. Apply gentle, steady pressure on one rib at a time, starting from the upper ribs and moving downwards. Press each rib anteriorly (towards the front) and then release.
4. Observe the rib movement and note any stiffness, restriction, or pain. Ask the patient to provide feedback on any discomfort or pain experienced during the pressure application.
5. Repeat the test on both sides of the rib cage to compare mobility and pain levels.

Test results

Interpretation

Recommendations

Based on the test results, here are the recommendations:

Patient's signature: _____ Date: _____

Healthcare provider's signature: _____ Date: _____