**Technique name:** Mesenteric lift  
Region of the body: Visceral/abdomen

**Picture of related anatomy:**
Brief description: Mesenteric lift can be used to decrease congestion abdominal region by gently lifting the mesentery from the left and right lower quadrant up to the right upper quadrant.

**Physician position:** Standing on right side of patient

**Patient position:** Supine with knees bent

**Hand positioning:** Starting in either the left or right lower quadrant, place your fingers medial to the ASIS and gently scoop your hands under the abdominal contents.

**Technique:**
1. Start by having the patient lie supine with their knees bent to create slack in the abdominal wall.
2. Next, place your fingers medial to the ASIS and gently scoop your hands under the abdominal contents.
3. Lift towards the right upper quadrant from either the left or right lower quadrant.
4. Hold until you feel a release.

**Models:** Biomechanical, Respiratory-Circulatory, Neurological, Metabolic-Energy, Behavioral
Technique name: Ganglion inhibition
Region of the body: Visceral/abdomen

Picture of related anatomy:
Brief description: Three ganglia, celiac, superior mesenteric and inferior mesenteric carry the sympathetic innervation of the gut and lie just anterior to the aorta. Ganglion inhibition can help to normalize the sympathetics to the region by apply gentle pressure to the ganglia.

Physician position: Standing

Patient position: Supine

Hand positioning: Using both hands, place your fingers so that you contact the abdomen just below the xiphoid (celiac ganglion), just above the umbilicus (inferior mesenteric ganglion) and between the two previous points (superior mesenteric ganglion).

Technique:
1. Using both hands, place your fingers so that you contact the abdomen just below the xiphoid (celiac ganglion), just above the umbilicus (inferior mesenteric ganglion) and between the two previous points (superior mesenteric ganglion).
2. Apply a gentle downward pressure over these three regions while following respiration.
3. As the patient inhales, resist and while the patient exhales let your fingers sink down.
4. Stop advancing your fingers and hold steady pressure when you begin to feel the pulsations of the aorta.
5. Hold until you feel a release.

Models: Biomechanical, Respiratory-Circulatory, Neurological, Metabolic-Energy, Behavioral
Technique name: Splenic pump
Region of the body: Visceral/abdomen

Picture of related anatomy:
Brief description: Splenic pump is useful in increasing lymphatic and blood flow through the spleen. It can also help decrease congestion. To perform the splenic pump, apply an oscillatory force to the area over the spleen.

Physician position: Stand or sit on the left side of the patient

Patient position: Supine

Hand positioning: Place your top hand over the left costal margin and your bottom hand under the lower rib cage.

Technique:
1. Place your top hand over the left costal margin and your bottom hand under the lower rib cage.
2. Apply a gentle oscillatory force with your top hand.
3. Continue the oscillations until a decrease in congestion or tissue texture change is felt.

Models: Biomechanical, Respiratory-Circulatory, Neurological, Metabolic-Energy, Behavioral