

RIB PAIN RELIEF:

A Guide to Self-Care and Recovery



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The information provided in this ebook is for educational purposes only and is not a substitute for appropriate medical care. If you are experiencing pain or discomfort please seek medical attention.

Meet Denise

Denise Schwartz, PT, IMT, C, is the compassionate Owner and Founder of The Manual Touch Physical Therapy. With over 30 years of experience, she believes in a whole-body approach to health, using both traditional and nontraditional PT practices. Denise's extensive training in manual therapy and functional rehabilitation has enabled her to provide the best results for her patients.



She specializes in chronic pain, spinal conditions, running/triathlon injuries, balance/vestibular disorders, and various non-traditional and traditional manual therapies.

Through careful listening and thorough evaluations, Denise identifies the root cause of her patients' symptoms, putting the puzzle pieces together to deliver a holistic solution.

Her dedication and expertise have helped countless individuals reduce pain and improve their quality of life. Contact Denise at denise@themanualtouch.com to start your healing journey today.

SPECIALTIES

- Whole Body Approach Functional Rehab
- Myofascial Release
- Integrative Manual therapy
- Cranial therapy
- Spinal conditions
- Kinesiotaping
- Running Injury Recovery/Prevention
- Balance/Vestibular rehab



CHAPTER I

Understanding Rib Pain

Rib pain can be frustrating, limiting your ability to breathe deeply, move freely, or even get comfortable while sitting or sleeping. Whether your pain stems from poor posture, muscle strain, or an old injury, relief is possible with the right approach.

Common Symptoms of Rib Pain

- Sharp pain when breathing deeply
- Dull aches after prolonged sitting or standing
- Discomfort when twisting or reaching
- Unexplained upper back or side pain

Why Imaging Often Fails to Provide Answers

Many people with rib pain undergo MRIs, CT scans, and X-rays, only to be told everything looks “normal.” That’s because most rib pain is caused by muscle dysfunction and movement restrictions—issues that imaging cannot detect. This is where a whole-body assessment by a physical therapist can make all the difference.

“

“I had been experiencing rib pain for years with no clear answers from medical tests. After working with Denise, I finally understood the root cause. The personalized exercises and manual therapy techniques changed everything.”

– Beth G.

”

CHAPTER II

Self-Care Strategies for Rib Pain Relief

Improve Posture

Keeping your shoulders relaxed and spine aligned reduces unnecessary strain on your rib cage. If you spend long hours sitting, take frequent breaks to stand and stretch.

Gradually Increase Physical Activity

Whether lifting weights or doing household tasks, avoid sudden increases in activity. Build up strength and flexibility gradually.

Strengthen Core and Back Muscles

A strong core supports your rib cage and spine. Try this entry-level core exercise: [Video](#)

Practice Deep, Controlled Breathing

Breathing properly engages the intercostal muscles (muscles between the ribs) and improves flexibility. Try diaphragmatic breathing:

1. Breathe into your belly, then expand into your chest and back.
2. Exhale fully, engaging your abdominal muscles.

Avoid Overreaching & Sudden Twisting

Movements that involve forceful twisting or overreaching can strain your rib muscles. Improve your mobility with these simple stretches: [Videos](#)

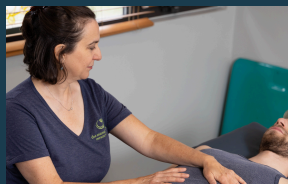


CHAPTER III

How Physical Therapy Can Help

A whole-body approach to physical therapy addresses the root causes of rib pain, helping you move better and feel stronger.

At The Manual Touch, we assess:



Connectivity

How your rib cage, spine, and surrounding muscles work together to support movement. This includes analyzing posture, breathing patterns, and spinal alignment to determine areas of tension or dysfunction.



Limitations

Hidden restrictions or muscle imbalances that may be contributing to your pain. By identifying weak or overactive muscles, we can create a targeted treatment plan to restore balance and function.



Solutions

A personalized, step-by-step plan to restore mobility and prevent future discomfort. Our approach combines hands-on therapy, corrective exercises, and education to help you achieve lasting relief.

SUCCESS STORY: FINDING RELIEF AFTER YEARS OF PAIN

Sarah, a dentist, had been experiencing rib pain for years. Her work required long hours of sitting, leading to tight intercostal muscles. After just four sessions, she learned how to engage her lower body properly, preventing overuse of her rib muscles. Now, she works pain-free and has improved posture!

CHAPTER IV

10 Tips to Avoid Rib Pain

- 1 Maintain good posture to reduce strain.
- 2 Strengthen core and back muscles for better support.
- 3 Practice deep, controlled breathing to enhance rib cage flexibility.
- 4 Rotate from your ankles and hips, not your rib cage.
- 5 Increase physical activity gradually.
- 6 Take breaks from prolonged sitting to stretch.
- 7 Warm up and stretch regularly before activity.
- 8 Sleep in a comfortable position with proper support.
- 9 Manage stress levels to reduce muscle tension.
- 10 Seek physical therapy for persistent pain.



Tired of Suffering From Rib Pain?

Reach Out Today



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