

Common KST Patterns

Correlations Between Structure and Health

Allergy Pattern

- Put patient in allergy POS (i.e. visualize/feel allergy)
- Check for sphenoid pattern

Blair Pattern

- C1 posterior arch postero-lateral (inferior), (C1 lateral)
- C5 posterior (C4, C6, C7, T1)

Breathing Pattern

- Check diaphragm, rice bowl during inspiration, holding, exhalation

Constipation Pattern

- Xiphoid superior/anterior
- Bilateral diaphragm, stomach
- Ileocecal valve “hot spots” around large intestine

Counter rotation

- Usually transition areas: C6/7, T1/2, T11/12, L4/5, S1/2

Depression Pattern

- Curved line from mastoid to mastoid (shaped like a frown), correct I to S

Dyslexia Pattern

- Patient reading, doing math, etc.
- Sphenoid and/or temporals

Ethmoid Pattern

- Adjust towards ethmoid: palate, philtrum (under nose), tip of nose, nasal bones and nasal bridge

Exhaustion/Fatigue Pattern

- Femur heads anterior and lateral (superior)

Head Trauma Pattern

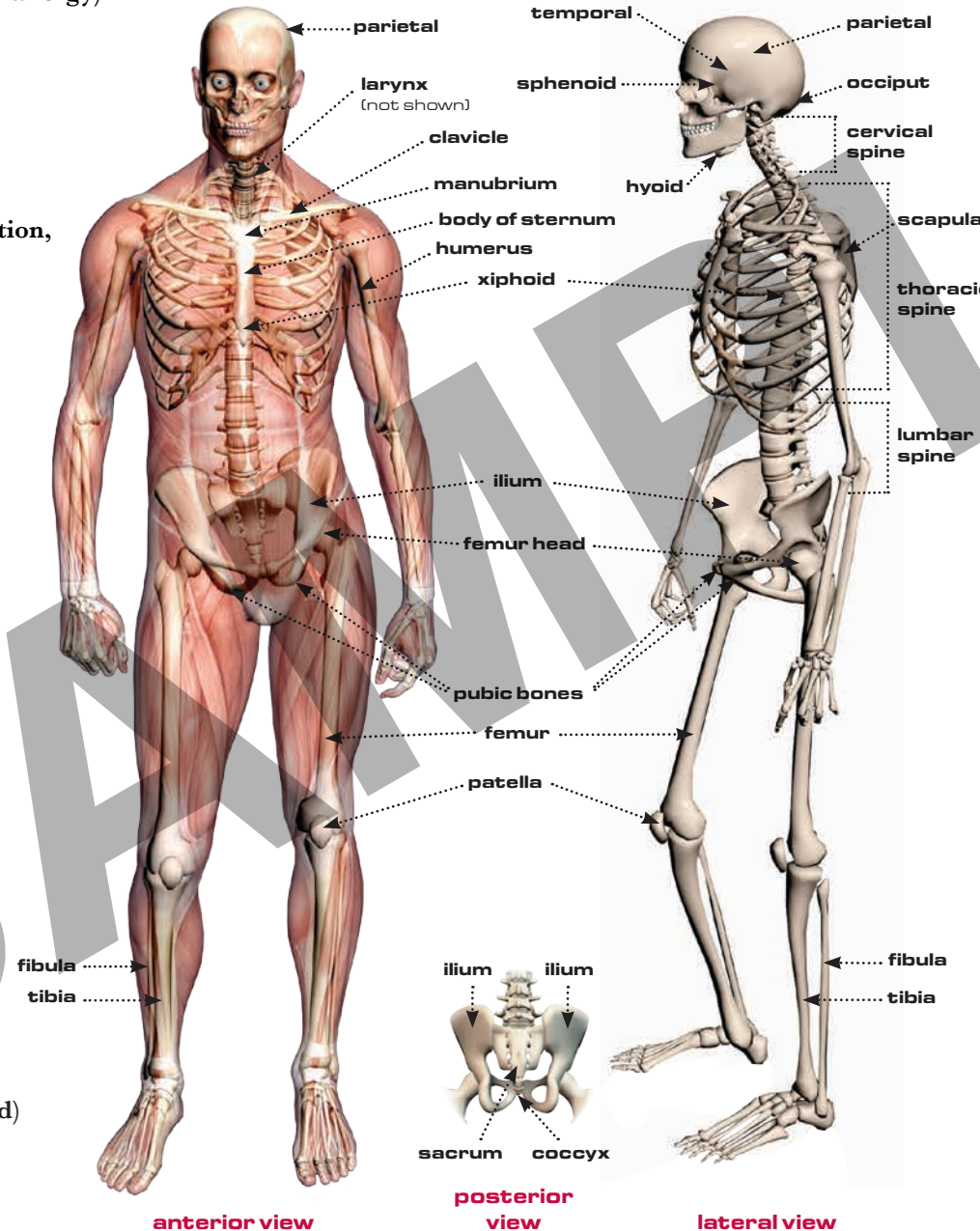
- Right parietal inferior (anterior)

Habit Pattern (includes weight loss)

- Put patient in POS
- Sagittal suture, bilateral temporal (sphenoid)

Heart Pattern

- Sternum segments/manubrium lateral, wrenched



Hump Pattern

- T1/T2 superior, T3 inferior
- L/R anterior ribs I/S

Hyoid Pattern

- Hyoid anterior (lateral), larynx
- POS: stick out tongue, swallow, sing, cough, etc.

Knee Pattern

- Patella superior
- Tibia and fibula posterior (lateral) or twisted
- POS: crossing legs, standing, moving

Menopause Pattern

- Breasts and ovaries inferior and lateral
- Uterus inferior

Ocular Lock Pattern

- Eyes CW/CCW, check OD
- Check sphenoid and/or temporals

Panic Pattern

- Coccyx and xiphoid anterior
- Sternum superior, (larynx and pubic bones superior)

Shoulder/CTS/TOS Pattern

- Clavicle superior, medial, lateral and/or anterior
- Humerus anterior, lateral, superior, rotated

Sphenoid Pattern

- Left and right greater wings of sphenoid anterior
- Occiput inferior (lateral)

Wave Pattern

- Locate access point, usually manubrium, sternum
- Locate holding points, usually bilateral shoulders, elbows, head, ribs or hips. Ask OD

POS=Posture of Subluxation
 These listings are guidelines as patterns may vary from person to person. Text in parentheses are secondary findings.