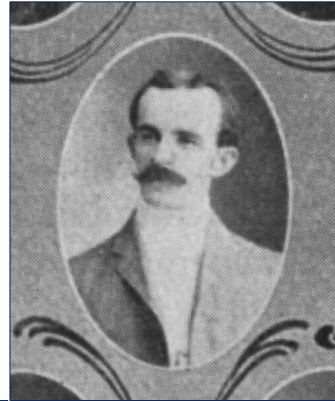


Thomas Jefferson Ruddy, MD, DO

Ruddy was an MD-DO physician & surgeon specializing in **otorhinolaryngology & ophthalmology**. He created eye exercises, popularized Muncie & manual eustachian techniques as well as ocular manual techniques to improve lymphatic drainage in EENT.

Ruddy believed this osteopathic manipulative (OMT) technique helped with circulation and muscle tone.



Credited inspiration by both Mitchell, Sr (MET) & Jones (Counterstrain)

TJ Ruddy
His legacy also lives on

LAB: Ruddy Rapid Resistive Duction



TJ Ruddy,
MD, DO
(ENT
Surgeon)
inspired
Mitchell
regarding
concentric
MET

OMT Techniques Forgotten But Not Lost

LEFF SYMPSON
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Ruddy Costal Articular Technique (2) Rib Cage Function; (3) Pump; (4) Local Movement

Ruddy Resistive Duction Use: Rib Dysfunction
(SD: Exhalation / Inhalation / Structural); Pump

- Rib 1-2 Scalenes ("lift head")
- Rib 3-5 Pectoralis Minor ("wing")
- Rib 6-8 Serratus Anterior ("elbow toward ceiling")
- Rib 9-11 Latissimus Dorsi ("elbow to hip")
- Rib 12 Quadratus Lumborum (prone position, hip anterosuperior)



Concentric Muscle Energy
Pump & Articular Ruddy
Version