

The existing, published medical research shows clearly that costochondritis is NOT a “mysterious inflammation.”

⦿ This term for the problem started being used in the 1960s - for no reason justified by the research evidence. The ‘-itis’ ending does mean ‘inflammation’, so busy, caring doctors treat it like one. Usually this doesn’t work.

⦿ **Costochondritis is caused by lack of movement at the joints round the back where your ribs hinge onto your spine.** That’s why you usually also get a duller pain round the back, under your shoulder blade(s).

When these joints can’t move, the joints where the same ribs hinge onto your breastbone HAVE to move excessively - every breath you take. So these more delicate rib joints strain, ‘give’ (**with clicking and popping and often a sharp stabbing pain**), get very painful - and welcome to costochondritis.

If there’s enough local swelling at the straining rib joints (same as you get if you sprain your ankle) then it’s called Tietze’s Syndrome.

⦿ **Yes, it’s scary.** Chest pain could be the heart, though mostly it isn’t. Yes, you need to be checked medically. Doctors are really good at that - they’re just usually not good at costo. No, it usually doesn’t “just settle down soon.”

⦿ **You often get breathless**, even though your lungs are fine. The same frozen rib machinery round the back that causes the costochondritis rib joint strain at your front also means you can’t expand your rib cage fully. This means you can’t take a full breath in. So you breathe high and fast, and this hyperventilation pushes towards panic attacks and anxiety. It’s perfectly reasonable to be concerned about a mysterious chest pain that the doctors don’t seem to understand or fix.



So fix it yourself. It’s a straightforward mechanical problem - logical and not mysterious and not particularly difficult.

⦿ **You fix costochondritis by freeing up the tight rib and spinal joints around the back which cause the rib joint strain and pain on your breastbone.** This view is fully supported by the best medical research evidence but mostly hasn’t flowed through to the popular medical understanding of costochondritis. All treatments (including medical ones) solely for the pain on the front or for a general inflammation miss the point and usually don’t work.

⦿ **The small peaked shape of the Backpod** is specifically designed to stretch out the frozen, immobile rib joints round the back - at home. You can unlock these joints with manipulation, but it doesn’t last because it cannot also stretch the tightened tough collagen material around the joints. The Backpod can - it’s exactly what it’s for.

⦿ **For much more detail** on costochondritis, Tietze’s Syndrome, Slipping Ribs Syndrome, the home test for tight ribs, the published medical research, detailed treatment, pdfs and YouTube videos see the ‘Costochondritis’ page of the Backpod’s website **backpod.co.nz**

The Backpod



reddot design award
honourable mention 2013



Best Design Awards
Winner 2013

FINALIST
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