

Chapter 1 : Braised Short Ribs | The Pioneer Woman

The First Rib Explained. The first rib is exactly that - the first true rib at the top of your chest. It sits just below your collarbone and is held in place by a series of supporting muscles.

The rib cage is extremely underrated in the development of proper posture. Any disorder in this part of the skeletal system can cause pain in the shoulders, neck, thoracic spine, and the lumbar spine. It causes asymmetry of the diaphragm which creates right lumbar rotation and compensatory left thoracic rotation. In response to the thoracic rotation, the ribs will rotate externally giving you the flared ribs look. On the other hand, the ribs on the right side will rotate internally and give you a smoother rib cage. It is something that cannot be fixed overnight. The structural integrity function of the neck, shoulders, scapula and lumbar spine is mostly determined by the placement of the rib cage. After discussing the issue with my orthopedic surgeon I was told to do the following 3 things regularly to fix my flared ribs without surgery, and it WORKED. I am going to share my experience with you, and help you fix your pectus excavatum and flared ribs. They usually have tight chest muscles, weak back musculature, forward slouching shoulders, a forward head posture and a belly that sticks out. Even if you have mild flared ribs, poor posture will make it seem a lot worse. This was the first thing that gave me hope in my battle with fixing the flared ribs and pectus excavatum condition. The main goal here is to make your posture picture perfect which will improve your confidence, and basically take your whole life to a whole new level. If you have poor posture, this training will do wonders for you. It is a perfectly safe exercise when done correctly. I followed my doctors advice and made this exercise a part of my daily routine and so should you , and in just a week I saw great improvement in my overall posture. You will just need a simple stretch band. This band will improve the quality of this exercise, because when you reach overhead the band will adapt to your needs, and improve muscle contact. First of all you have to stand up straight with your legs a shoulder-width apart, pick the rubber band with a wide grip the wider you go the less flexibility you will need , and reach overhead until it hits your lower back. Repeat this for 4 sets of 8. Make this exercise a part of your daily routine, because consistency is key for fixing flared ribs and your posture. You will feel definitely feel uncomfortable at first but you have to step out of your comfort zone to fix your posture and flared ribs. I recommend setting an alarm clock to go off every 10 minutes. When it buzzes, it reminds you to sit or stand properly. It requires longer adaptation and training depending on the degree of rib flaring. Bracing helped me tremendously with my severe case of flared ribs and pectus excavatum. It helps you restore the normal appearance of your rib cage. However, I suggest starting slowly. Neo G Pectus Excavatum Brace review. There is a common misconception about core muscles and abs. Most people with flared ribs and pectus excavatum scour the internet searching for a quick fix, and only work the transverse abdominals also known as six pack abs. That's the reason why they fail to fix rib flare. The problem with this is that the core complex system of muscles which include transverse abdominals, internal and external obliques, rectus abdominis, spinal erectors etc, and if you focus only on your six pack abs muscles, you will cause lots of imbalances, that will worsen your condition. I am going to show you how to strengthen your core musculature and fix your flared ribs as a side-effect of pectus excavatum. To perform this exercise you have to hold the ab Wheel with both hands. After you are in a fully stretched position, exhale and roll yourself up to the starting position. What this will do is strengthen your core muscles while stretching and expanding your rib cage which is essential for fixing your flared ribs. Perform 4 sets of 10 repetitions, three times a week. To perform this exercise all you need is a cheap ab wheel. Rib flaring can cause trouble in your natural breathing patterns. You should perform these breathing exercises in the morning and the evening. The exercise I mostly recommend is called the bow. First set your feet a shoulder-width apart and with knees slightly bent take both of your fists back behind you and jab them in your lower back or upper part of your hips. Pinch your shoulder blades together, open your mouth as wide as you can and breathe deep inside your abdominal wall. At first you may experience some pectus excavatum pain and shortness of breath , but this is normal. If it is severe, stop immediately. Open the front of your body by bowing back, and keep on taking deep breaths. Aim for about 20 a day in order to maximize the effects of the exercise. There are also noticeable psychological

benefits for those who are involved in any kind of physical training.

Chapter 2 : Tuff-Rib | Classic Rib | Metal Roofing Panel | Best Buy Metals

With the raised rib is the back higher than the front to compensate for the raising? A good example of the problem is seen when changing from a low ribbed gun to.

And by sore, we mean debilitating, agonising, and life disrupting pain. It sits just below your collarbone and is held in place by a series of supporting muscles. They tend to pull the rib upwards. A balance is needed between these two muscle groups to keep the first rib in its proper position. When the balance is uneven, the position of the first rib can shift. So What is an Elevated First Rib? In physical terms an elevated first rib occurs when the rib moves up out of its proper alignment. In functional terms, it hurts! The pain comes from the misalignment vertical which tends to squash various veins, arteries, and nerves between the rib and your collarbone. Real problems can occur if the first rib becomes locked into that position. The other way that an elevated first rib can cause you distress is that it completely misaligns your upper body. This leads to neck, arm, shoulder, and back pain as all body systems are interdependent and any piece that is out of place stresses the surrounding structures. What Causes an Elevated First Rib? The scalene muscles are very strong as they must support your head on top of your spine. The head is a potentially unstable weight and considerable strength is needed to support it. This power means they have the ability to pull the first rib upwards if they become shortened, or inflexible. In the modern, sitting based world that many of us live in, it is all too easy create imbalances in our posture. A closely associated condition is having a forward head posture. However, it is also possible to end up with a raised first rib due to injury, and anyone who habitually holds their shoulders up through emotional tension is at risk too. Treatment Options From a recent, personal perspective, if your rib is elevated and stuck there, you are going to want it released as soon as possible! This is where you probably need a professional unless very minor. In my case, my chiropractor managed to manipulate the offending rib back into position with a bit of skilled effort. Once back in place, you want it to stay there. Unless you address the causes of the rib elevating, any fix will be temporary. You need to reflect carefully on the way you sit at home and at work. It is highly likely that your posture needs to be adjusted so that you maintain a balance in the key muscles. A posture coach like the Lumo Lift will be helpful. Some other good starting points include: Regularly stretch your scalene muscles to counter any shortening or tension 2. Try to generally correct your posture We have written a large number of posts on this topic. A couple of posts that may be helpful are:

Chapter 3 : Elevated First Rib

Second, if the rib is the same height front and rear, the POI would be the same (if comb raised), but by changing the height at front (tapering rib) you can raise the POI to whatever you would like. If you want a raised rib you will need also to have an adjustable comb installed.

Can anybody explain raised and stepped ribs? Thu Apr 24, 4: Mon Sep 11, 8: I do not understand how you can start with a plain barrel and put a raised rib and either way the gun shoots to the same place? How does that work? With the raised rib is the back higher than the front to compensate for the raising? If that is true, how do you explain the stepped, raised rib. The rib is just a part of the sight plane, the butt stock and the shooters eye make up the rest. By raising the cheek and the comb you help to align the shot. By changing the width you can affect the "feel" of the sight picture. Look at the Perazzi. The barrel alignment with a raised rib on going away shots like in trap allows for the shooter to have a specific sight picture. This is a cut and paste article Which shotgun feature do most shooters insist on having, yet will not admit to using? Trying to write something definitive about shotgun ribs is like analyzing art. You can describe, but you cannot really explain. It is completely subjective and attempts at explanation usually result in wallowing in Meaningless Twaddle. After deep consultation with the pantheon of gun gurus- Garwood, Brindle and Brister- the only conclusion that can be drawn from them is that a rib is necessary, but probably functions subconsciously or peripherally. This hardly imparts a gin-like clarity to the muddy waters. Since far abler scribes cannot help us, let the Technoid lead you once again down the intellectual garden path with his own convoluted reasoning. Better wrong advice than no advice at all, he always says. You do not need a rib, but you will have one whether you like it or not. A rib is not a necessity for good shooting. The Connecticut State Championship shoot was won with a Remington plain barreled gun with a Poly Choke hung on the end. However, this is the exception. You just about cannot buy a gun without one. Thus it does not become a question of having a rib on your shotgun. It becomes a question of which rib to have. This all depends on how you feel you use a rib. The shooter who uses a premounted gun American rules skeet and trap consciously uses the rib and the traditional front and middle beads to ensure proper placement of the head and alignment of the gun before calling for the bird. Some trap shooters have gone to an extremely high rib 1 to lower the bore axis of the barrel to reduce recoil and 2 to better see a bird rising up from under the barrel. Some of these ribs reach acrophobic heights. This type of rib, used in this manner, is a conscious alignment and aiming tool. The sporting clays shooter has different requirements. We use the rib subconsciously. Because we do not premount, the rib is brought into the picture at the last moment in the shooting sequence. Most sporting shooters follow, or should follow, this sequence in delivering the shot: This is the highly popular Move, Mount, Miss approach. Note in the above that during steps 1 and 2 , the rib can have no bearing on what is happening. The eyes focus on the target while the blur of the muzzle is seen in peripheral vision. Only in the last step 3 , when the gun is on the cheek, can the rib play any part. Even then you must not actually look at the rib. Every shooting instructor worth his salt will tell you that shifting your focus from the target back to the rib just before shooting will ensure a miss. So- if a top rib on a shotgun is not really necessary, is used only at the last moment and even then is only used subconsciously, why bother about it? Having the right rib is important because the wrong rib will drive you crazy. A shooter becomes used to a certain barrel picture the moment before firing and if he does not see that picture in his peripheral vision, he will hesitate and miss. A good example of the problem is seen when changing from a low ribbed gun to one with a high rib. If that little bit of rib is visible peripherally or subconsciously at the moment of firing, he knows that his elevation will be as intended. One time he tried a Citori Sporting Clays gun with an arched rib that was elevated at the rear and low at the muzzle. Both guns shot to the same point of impact, so the only difference was in the sight picture. Some people are also fussy as to rib width. If the rib is too narrow it makes them aim. If too wide, it may does not give them the precision they require. Visual tricks can come into play here. English gun designer Churchill used a rib tapering from broad to narrow to give his short barreled guns the illusion of more length. It worked for some people. Remember, all of this rib stuff is purely smoke and mirrors. There is no real technical right or wrong, but there

is something which is right or wrong for you. The only way to find what suits you best it to try different guns. It seems like a lot of effort for something that you never really look at, but it is important to get it right.

Chapter 4 : Barbecue Ribs Recipe - blog.quintoapp.com

The raised-rib design allows the shooter to sustain a more comfortable head-up profile when shooting. And since the barrel is well below the rib, acquiring targets is easier and faster. A high rib is a magnet for briars, leaves, and tree branches, however, so this is not a gun that's made for hunting.

Chat about duck hunting, and share other duck hunting information. Wed Feb 05, 4: I liked rAised ribs. I have a longer neck so I dont have to smash my head against the stock like I had to with the flat rib. I was going to buy a sbe2 because I liked the raised rib but I preferred the maxus action and gas system so I went with the best of both worlds with the sx3 Re: Wed Feb 05, 2: Wed Feb 05, 3: Wed Feb 05, 6: Wed Feb 05, 7: I also shoot Both. Wed Feb 05, 9: A flat rib means that I need to cover the bird up with the barrel. With a high rib, I can put the bird above the barrel, where I can see the damn bird. Being able to see the bird, makes a lot of sense to me. Wed Feb 05, I like a high rib, since I tend to hit about two feet low with flat ribs. Shims will fix the problem. Thu Feb 06, 4: Thu Feb 06, 5: Never looked at it like that. I like flat, the less crap I see the better. Thu Feb 06, Thu Feb 06, 1: I consider a flat rib, to be perfectly flat. Regardless of what I do with shims or buttstocks, I still shoot low with flat ribs. Thu Feb 06, 2: Stocks have everything to do with your sight picture. Height of the rib is inconsequential. Just ask those old boys who shot guns that had NO ribs. Personally, I prefer a low, non-ventilated rib for one reason: Thu Feb 06, 7: Fri Feb 07, To get my eye level with the low rib on my I really have to jam my cheek into the receiver. A shim either slightly raises or moves the tip of the barrel left or right. There is no one right answer. When I look down the barrel of my affinity all I see is the back of the receiver, the short ramp of the rib and bead. Others may throw it up and see a lot of rib a and bead or no bead at all. Most new guns come with shims now. Fri Feb 07, 1: I agree with the 3rd comment personally. I agree with the 5th comment, personally. I think you mean you have force your cheek into the stock. This is properly corrected, in a hunting gun, by modifying the stock, not the rib. If this is a target gun, then raising the rib is one option, but the best option by far is modifying the stock with an adjustable comb. Ribs, not so much. Fri Feb 07, 3: Fri Feb 07, 7: When I see a statement like this, "A flat rib means that I need to cover the bird up with the barrel. If the POA and POI are in fact the same, then the person shooting the gun is seeing too much of the receiver end of the rib low. Personally, I shoot with both eyes open. POI by sighting down the rib and shooting paper. If these are in fact true as they should be, I continue. I then raise the gun to my shoulder, with my eyes closed. I then open my right eye and look down the rib. I should be right on the target. If not, I make the neccessary changes to drop, pitch, or cast as needed. My 2 cents worth.

Chapter 5 : Organic Grass Fed Beef, Pasture Raised Pork and Poultry (Chicken) and Turkey

*What's the pros for getting raised rib gun for trap. Am I really any better off getting a gun with a raised rib vs a flat rib?
Good Luck and Good Shooting.*

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Chapter 6 : Pros and cons of raised rib guns | Trap Shooters Forum

So, when you pick up some pork ribs at Walmart or Kroger (or wherever you like to shop) you are more than likely buying pork that was raised in Iowa by a family that has been doing it for generations.

Posted on March 29, by bcbuck Bruce Why is the rib on the Browning Citori Skeet gun have a slight slope towards the muzzle? Would this not make the gun shoot high? I shouldered a couple different Brownings using the closed eye mount and the best sighting was with an older Citori Skeet with the raised rib. With some of the other guns I was seeing too much rib. It seems I fit up better to a gun with more of a comb drop. So the big question is, would the sloped rib on the Citori cause problems? And, whats your overall take on the Citori Skeet model. The gun I shot was a nice gun and well made. Most of the people I loaned the gun to also commented on this, but a few felt that the stock was just fine. Like anything else, gunfit is personal. I have little experience with the Citori XS Skeet gun with the high post rib. All Citoris are first class quality and have identical actions. If you set up so that you see a bit of rib, the barrels will be pointing even higher. If you wanted the same high point of impact with a flat rib gun, you would have to see a considerable amount of rib. Many people find seeing a considerable amount of rib disconcerting, so the Citori High Post rib lets them have a gun that shoots high without having a sight picture that looks quite as high as it is. You may just need a lower stock. The slope of the rib very much affects what you see. Balance is the hard thing to adjust. Proper balance is built in and lays along the barrel, not in one spot. Maybe little alterations, but not big ones. A clunker is a clunker is a clunker. Gun fit, on the other hand, is a pretty simple alteration. You just fuss around with the stock until you get it right. Readjusting an unfriendly pistol grip is a much bigger deal. Personally, I have little use for the high post and avoid guns with this sort of rib. I remember that a couple of the Japanese reproduction Model 12s I owned had those and I hated them. I like a flat rib as I like to see a bit of rib when I shoot. A little bit of height is all I need. A flat rib and a figure eight is about right for me. I cover my birds. If I was more of an ATA trap shooter, I might be more favorably disposed to artificially high shooting guns and the ribs that they require. Worst case scenario is that I just end up visually flat down the rib and hold under the dropper. This has the traditional Browning target stock and a flat rib. These tight vertical grips force the hand very high and close to the trigger. I prefer my hand lower on the pistol grip with a more extended trigger finger. Still, all of the above is personal preference. Plenty of people shoot High Post ribs quite well and are pleased with them. Browning is a smart marketing company. They make their guns in many different configurations for a reason. Just be aware what the various ribs are designed to facilitate.

Chapter 7 : Duck Hunting Chat â€¢ flat rib vs raised rib? : Shotgun Forum

"The ribs and brisket are great, but the prices are crazy high. 10 years ago this place was busy but this business is in a death spiral. Raise prices loose customers, loose more " See all R&L Home of Good Bar-B-Q reviews.

Is a Raised Rib for sporting clay a bad idea? Mon Feb 14, 2: Wed Jul 30, 9: Brillion, WI mls S of Green Bay Michael, You are experiencing "cheek slap" because you have to use too much cheek pressure on the comb. The simplest way to correct the problem is to have an add-on rib placed on top of your existing rib. The next question is "how high will the add-on rib need to be? Add-on ribs are available in either aluminum or Delron, a space-age plastic. Both are available in your choice of heights. Delron ribs are usually the least expensive and attach using double-sided tape. Most sporting clays and skeet shooters want guns that shoot relatively flat because skeet targets rise very little and sporting clays targets travel in multiple directions. To learn how high an add-on rib would need to be, you can use strips of balsa of varying thicknesses taped to your rib. Put a short strip on the rib near the receiver and another of the same thickness near the muzzle. The strip thickness is correct when, with the gun mounted, you can look along the surface of both strips with only snug cheek pressure on the comb or look slightly very slightly down onto the strip near the muzzle rather than along its surface. I suggested using balsa because it is easier to make thinner by sanding to get a strip exactly the best thickness. Balsa is available at hobby shops. Chances are, the thickness would be close to a quarter-inch and certainly less than a half-inch. To shoot with a more upright head and neck posture, you should lower the recoil pad rather than raise the rib. This can be accomplished by having a "stock" or "pad adjuster" installed between the recoil pad and the stock. These units allow the pad to be raised, lowered, moved horizontally and rotated. If you are going to have a pad adjuster installed, it would be best to have it done before experimenting with wood strips to find the add-on rib thickness you need. Changing in the way your cheek makes contact with the comb, will affect the add-on rib height that you need. If you are careful when choosing the rib thickness you need, you will not need an adjustable comb installed although that would be another way to solve the problem if you tell the installer that you need an increased drop at the comb dimension.

Chapter 8 : Buy % Naturally Raised Beef Online Overnight blog.quintoapp.com

It seems that having raised rib might be advantagous because it lets you keep your head upright and decreases muzzle rise since the barrel is inline with your shoulder. Some of the high end guns have high ribs.

Chapter 9 : blog.quintoapp.com â€¢ Is a Raised Rib for sporting clay a bad idea?

Raised Rib Cage Exercise Pointers If you need a little guidance for your upper back, do the exercise with your back against a wall. Another variation of the pelvis and rib cage posture training exercise is to raise your arms partway.