SNS COLLEGE OF PHYSIOTHERAPY
COIMBATORE-35

COURSE NAME : BPT., Physiotherapy IV Year
SUBJECT : Rehabilitation
UNIT : I
TOPIC : Joint Mobilisation
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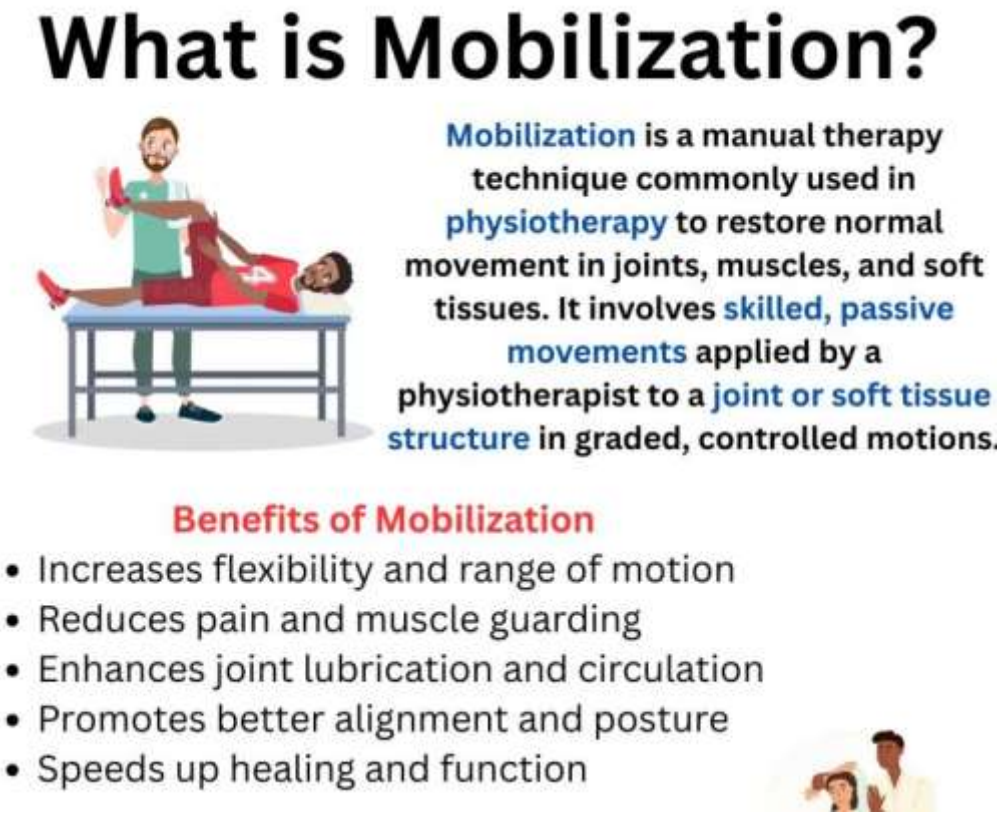
Definitions

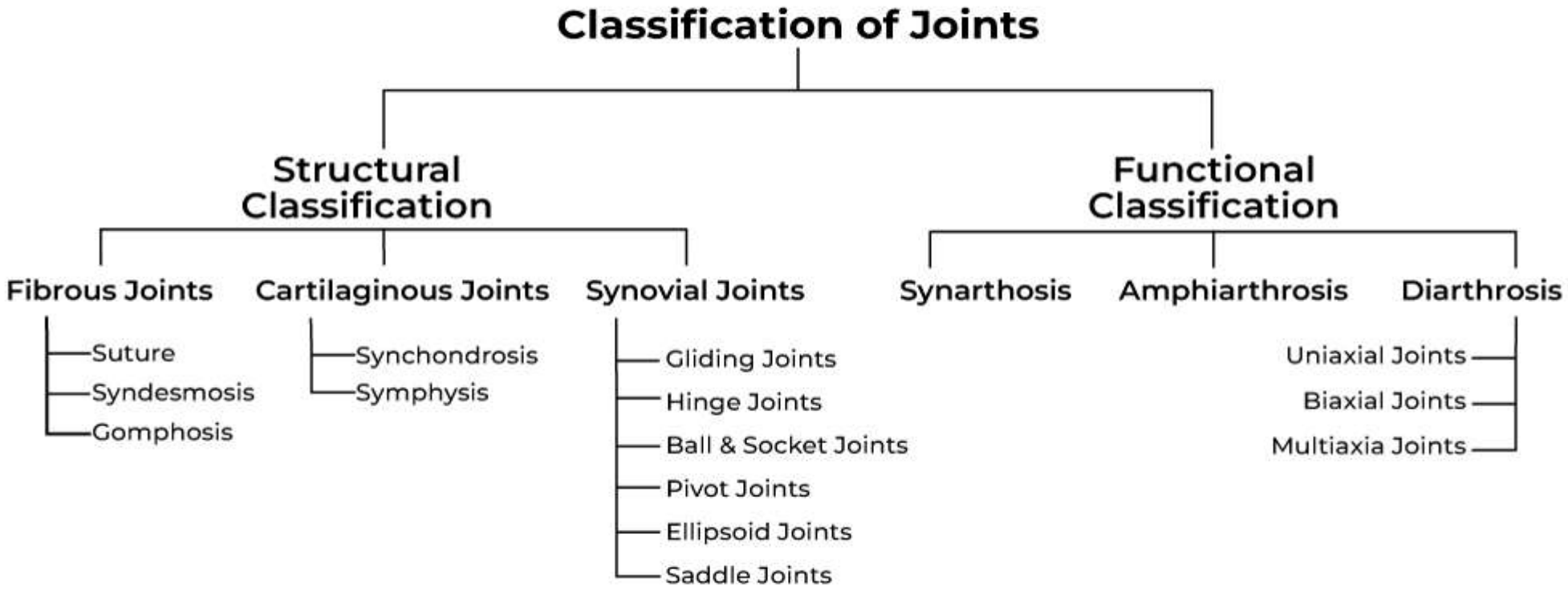
- Passive manual therapy technique applying graded forces to joints.
- Aims: reduce pain, restore accessory motion, improve function.
- Distinguish: mobilisation (graded, oscillatory/ sustained) vs manipulation (high-velocity, low-amplitude thrust).



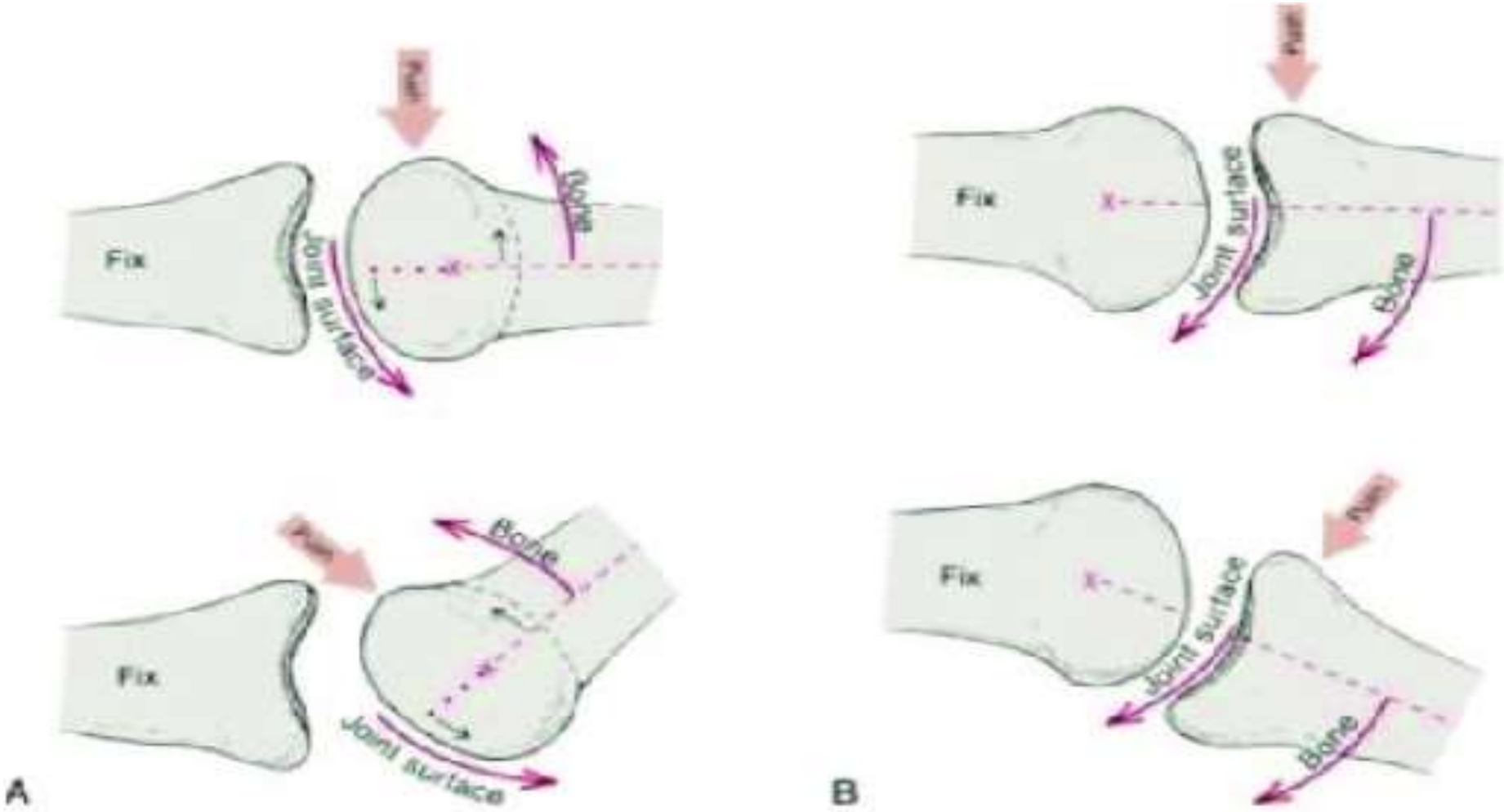
Definitions

Basic Biomechanics & Kinematics

- Accessory (joint) vs physiological movements.
- Convex–concave rule (general concept) — direction of glide relative to slide.
- Role of joint capsule, ligaments, synovium in motion limitation.



CONCAVE CONVEX Rule



Indications & Contraindications

INDICATIONS

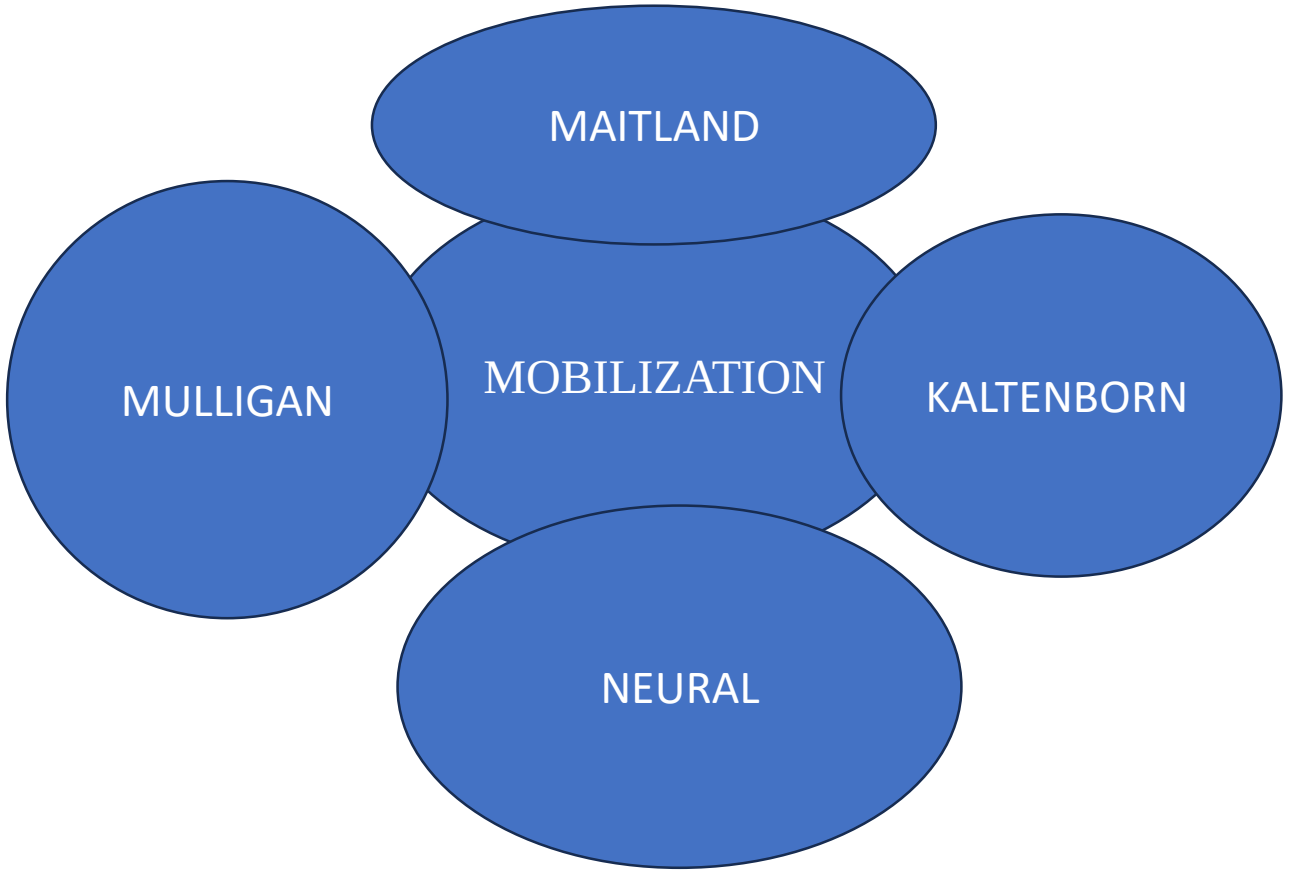
•Pain reduction (acute & subacute) where movement is painful.
•Hypomobility and joint stiffness.
•Pre- or post-therapeutic mobilising to prepare tissue for exercise.
•Facilitate joint nutrition and synovial fluid movement.

CONTRA INDICATIONS

- Fracture
- Dislocation
- Malignancy in region
- Active infection
- Inflammatory arthritis flare (severe)
- Uncontrolled neurological signs.

Classification: By Goal & Method

- Pain-relief mobilisations
- Mobility-restoring mobilisations
- Neural mobilisation (sliders vs tensioners)
- Sustained vs oscillatory techniques



Maitland Grades (I–V)

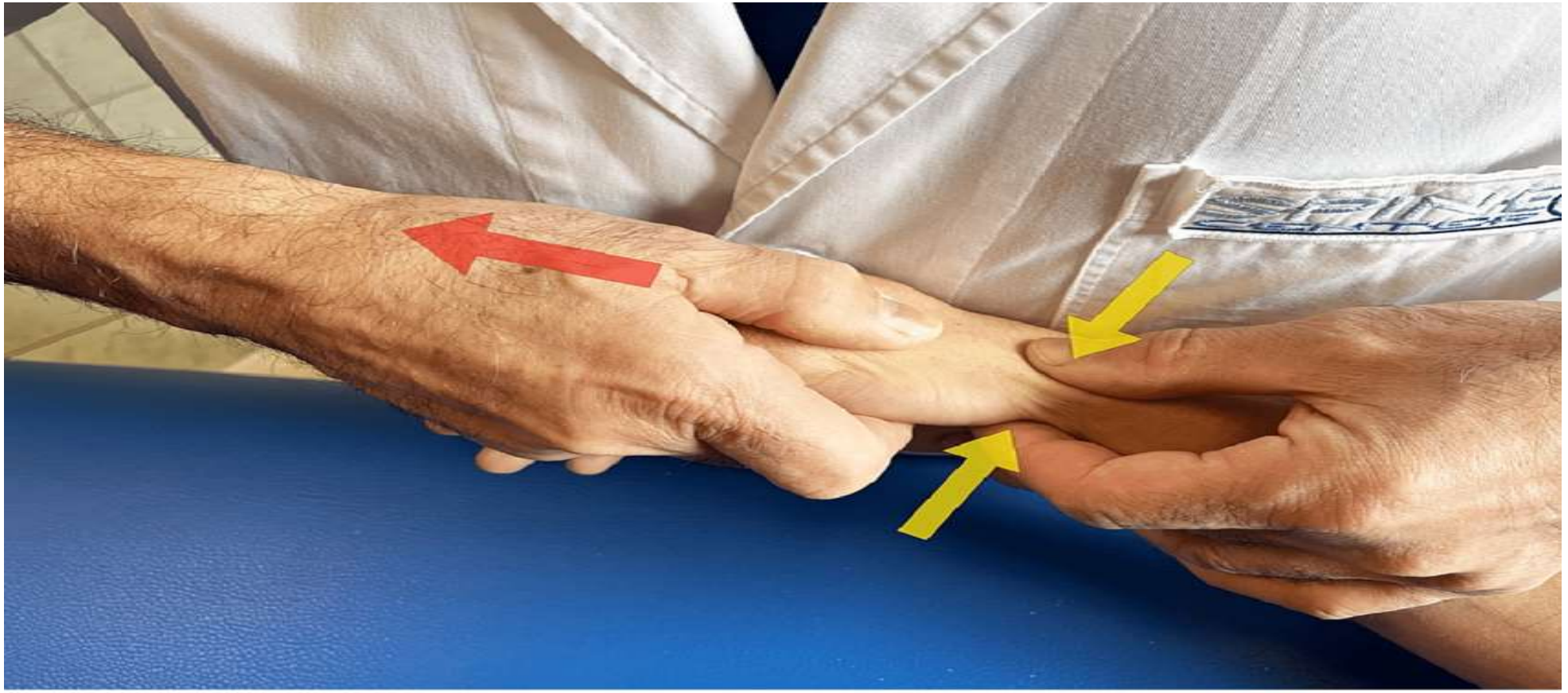
- Grade I: small amplitude, beginning of range — pain relief.
- Grade II: large amplitude within range — pain relief and assessment.
- Grade III: large amplitude up to limit — increase mobility.
- Grade IV: small amplitude at limit — stretch capsular restrictions.
- Grade V (manipulation): HVLA thrust — not a mobilisation.

Mulligan Concept (SNAGs & MWMs)

- Sustained natural apophyseal glides (SNAGs) for spine.
- Mobilisation with movement (MWM) for peripheral joints — patient actively moves while PT applies glide.

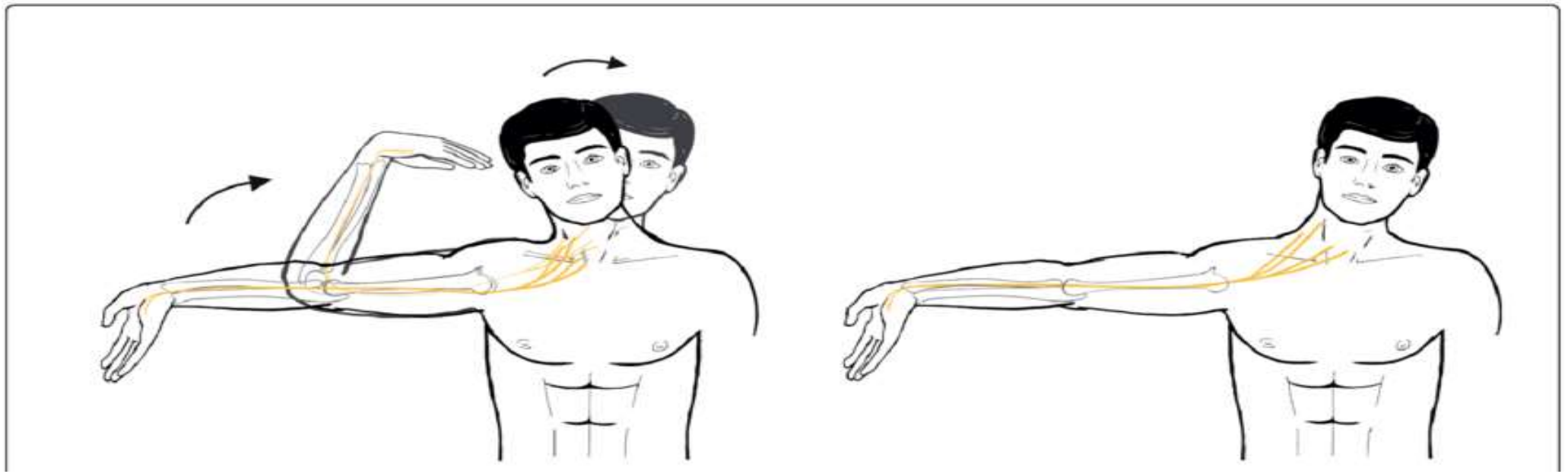
Kaltenborn Concept

- Focus on sustained translational glides (traction & glides).
- Three grades of traction: 1 (neutralize joint compression), 2 (take up slack), 3 (stretch).



Neural Mobilisation

- Neurodynamics: sliders (glide) vs tensioners (stretch).
- Indications: neural mechanosensitivity, radiating pain with movement.
- Example: Median nerve slider for carpal tunnel/neck-related arm pain.



Case Example Adhesive Capsulitis (Shoulder)

- Presentation: painful stiff shoulder, limited abduction and external rotation.
- Treatment plan: pain-relief glides (inferior/ posterior), ROM exercises, scapular control, home program.
- Expected timeline: gradual improvement over weeks–months; set realistic goals.

Short MCQ

- Maitland grade used primarily for pain relief is: (A) I (B) III (C) IV
- The convex–concave rule helps determine: (A) Muscle length (B) Glide direction (C) Strength
- A Mulligan technique commonly called: (A) SNAG (B) PA glide (C) Traction