

“Mobilization techniques on peripheral joints”

Manual medicine on peripheral joints is based on the theory that joint play movements can improve functional movements in a notably way even if functional movements are severely restricted by different causes.

Joint play movements are all passive movements that can be executed passively, provoked by gravity or by external forces. The patient cannot perform these movements by himself. For example: axial traction, translational gliding of the joint facets.

If there is a successful improvement in the range of joint play movements without creating nociception or pain there can be achieved a significant improvement of functional range of motion. For example: Manual techniques can improve the active shoulder mobility by opening the subacromial gliding space.

A mobilizing movement with 1 Hertz applied as near as possible to the joint will also

- decrease the tonus of the muscles
- improve the nutrition of the joint and the cartilage
- increase the production of synovial fluid
- decrease painful afferents
- induce the “long term depression” of the CNS (Central Nervous System)

The techniques of joint play mobilization can be used on all peripheral joints in almost all cases of functional disturbance (for example posttraumatic, postinflammatory, degenerative and due to muscular dysbalances and in cases of “functional decentration”).

The course will give the opportunity to train some important mobilization techniques on peripheral joints after demonstration and explanation by the instructor.