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## TECHNIQUE STANDARD 3

### Perform a Rocking or Shaking Technique

**Conditions:**

Given that the client's treatment plan indicates the need for rocking and/ or shaking technique

**Task:**

Perform a rocking or shaking technique

**Standard:**

***Quality / Technical:***

- So that you rock to create movement around a joint and shake to move the soft tissue.

***Safety:***

- So that you treat within the client's agreed upon pain tolerance.
- So that you take special precaution, based on your assessment, with any client who is prone to joint subluxation/dislocation, or joint disease, inflammation or effusion or compromised integrity of the adjoining soft tissue.
- So that rocking or shaking is not used or is modified if a contraindication to this technique exists.