



TECHNIQUE STANDARD 11

Apply Low-Grade Joint Mobilization (Sustained Grade I or II or Grade I or II Oscillations)

Conditions:

Given that the client's treatment plan indicates a need to maintain joint ROM and/or decrease joint pain.

Task:

Apply low-grade joint mobilization

Standard:

Quality / Technical:

- So that the joint is in a loose-pack position.
- So that the joint is taken up to the elastic barrier but not beyond, within the client's pain tolerance.

Safety:

- So that you assess the joint for pain prior to treatment by using a gentle, controlled traction.
- So that you treat the client within their agreed upon pain tolerance.
- So that you perform a gentle traction where possible before doing any gliding movements.
- So that low-grade joint mobilization is not used or is modified if a contraindication to this technique exists.