TECHNIQUE STANDARD 12

Apply High-Grade Joint Mobilization
(Sustained Grade II and or Oscillations III and IV Joint Mobilization)

Conditions:
Given that the client's treatment plan indicates a need to increase inert tissue elongation through joint mobilization

Task:
Apply high-grade joint mobilization

Standard:

Quality / Technical:
• So that the tissues around the joint is warmed and stretched prior to joint mobilization.
• So that the directions of mobilization are correct for that specific capsular pattern.
• So that the joint is in a loose-pack position.
• So that the joint is taken to the end of its physiological range of motion, and then slightly beyond the physiological range of motion, within the client's comfort level.
• So that the accessory movement and physiological movements may be improved.
• So that high velocity low amplitude thrust techniques are not used to the spine.

Safety:
• So that you assess the joint for pain prior to treatment by using a gentle, controlled traction.
• 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 high-grade joint mobilization is not used or is modified if a contraindication to this technique exists.