Know Your Joints

Muscle and Joint Care Suggestions

What are Joint Mobilizations and Do They Work?

SUMMARY: Mobilization is a skilled technique aimed at improving joint range of motion and reducing pain. How does it work? When done by a therapist they manually apply targeted pressures or forces near or on a joint in specific directions to help improve the mobility of that joint. It is a gentle type of manual therapy as the sustained rhythmic passive movements are performed to patient tolerance, with the patient always able to stop the movement. But there are simple versions that you can do on yourself, which is termed self mobilization. The use of a self-mobilization technique allows one to perform the technique without the aid of a clinician or strength and conditioning professional by using using hands or bands to apply pressure. It certainly feels like it works for me. I do a banded joint mobilization to my ankle and hand directed forces Look on-line to learn how to do self mobilizations Upper Body Self Mobs,. Make sure you do not have pain when doing them.

But what does the research say. In a 2020 review it was concluded that joint mobilization by any method gives good results in general condition of musculoskeletal disorders. Although they seem to be effective these researchers suggest that much more needs to be learned.

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I am always looking for the best and safest ways to keep my clients out pain and to have them perform at their best. Sometimes people complain of restrictions in their motion. I do from time to time myself. Sometimes it is coming from the joint. We figure that out through testing. One simple way to improve joint range of motion is through self mobilizations to the area that is restricted. Mobilization is a form of manual therapy. Manual therapy was used by Hippocrates (460-355 BC). So this type of treatment has been around for a long time. Mobilization is a skilled technique aimed at improving joint range of motion and reducing pain. How does it work? When done by a therapist they manually apply targeted pressures or forces near or on a joint in specific directions to help improve the mobility of that joint. It is a gentle type of manual therapy as the sustained rhythmic passive movements are performed to patient tolerance, with the patient always able to stop the movement. But there are simple versions that you can do on yourself, which is termed self mobilization. The use of a self-mobilization technique allows one to perform the technique without the aid of a clinician or strength and conditioning professional by using using hands or bands to apply pressure. It certainly feels like it works for me. I do a banded joint mobilization to my ankle and hand directed forces to my wrist twice a week. I move and feel better after. I know this by doing a range of motion test before and after. Look on-line to learn how to do self mobilizations Upper Body Self Mobs,. Make sure you do not have pain when doing them.

But what does the research say. In a 2020 review it was concluded that joint mobilization by any method gives good results in general condition of musculoskeletal disorders. Although they seem to be effective these researchers suggest that much more needs to be learned. Another study found that pain reductions in the knee lasted two day after mobilization, which suggests that mobilization needs to be done often (Study). My needing to do it twice a week on myself confirms to me the need to do it often in most cases. An interesting 2020 study, which looked at chronic ankle instability, found that clinician-applied mobilizations and self-mobilizations had the same positive effect on most measure, but self-mobilizations created greater ankle dorsiflexion range of motion compared to clinician-applied mobilizations (Study). The authors suggested that Self-Mobs may be an effective intervention to incorporate into a home care plan. So if you have a joint restriction that it is not too painful talk to us or investigate how you can implement self mobilizations yourself.