

Joint Mobilization

Physical therapists use joint mobilization as a treatment method to passively move the joints of the body in particular directions. Joint mobilizations additionally help to increase the gliding motion that occurs within the joints of the body. This kind of treatment can help to increase mobility while decreasing pain. The specific degree that your therapist will move each joint depends on the amount of pressure being placed on that joint and the direction of the force applied.

Even though joint mobilization is considered to be a passive treatment, the physical therapist will be able to teach certain self-mobilization techniques, enabling the patient to independently manage their joint issues by doing some exercises at home or during breaks at the office.