

Joint Mobilization

Joint mobilization is a treatment method that physical therapists use to passively move the joints of the body in specific directions. This type of treatment modality can help to decrease pain and increase mobility. The amount or degree to which your therapist moves each joint will depend upon the direction of the force applied and the amount of pressure being placed upon the joint. Joint mobilizations can also help to increase the gliding motion that occurs between the joints of the body.

While joint mobilization is considered a passive treatment, the physical therapist will be able to teach certain self-mobilization techniques, which will allow the patient to manage their joint issues independently.