MECHANISMS OF MOBILISATIONS

WHAT IS IT?

A type of manual therapy that involves rhythmic movements of a segment of the spine or extremities

WHY?

To help stretch out the tight structures that might be impacting on the joint's movement -to increase mobility and decrease pain.

HOW DOES IT WORK?

A pressure/force will be applied to the joint/vertebrae by the therapist. The rhythmic movement then applied by the therapist looks to loosen any surrounding structures and enable free flowing movement of the joints and surround soft tissues.

WHAT IS IT FOR?

These can be used in a variety of widespread acute and chronic conditions: Headaches / Migraines, Dizziness, Arthritis, Lower Back Pain, Ligament Injuries and Post-Operative Rehabilitation

SWAN SERVICES

Swan Physio Limited | Swan Health AND REHABILITATION | Cygnets Placements & Training

Students involved with the development
Saul Jordan-Franks (Keele), Isabelle Nolan &
Lucy Main (Winchester), PEA1 & P1 June 2024

RISKS OF MOBILISATIONS

DIZZINESS

Especially if you have been lying down, or having neck mobilisations.

If you do experience a dizzy episode inform your clinician - also take your time getting up afterwards

SORENESS

This is a manual therapy technique. There may be some tenderness in the area afterwards - around the bone or surrounding tissues that have been loading due to the technique.

HEADACHES

In some cases mobilisations in the neck can lead to some headaches due to the affect on the surround vessels. This headache should be short in duration if it occurs.

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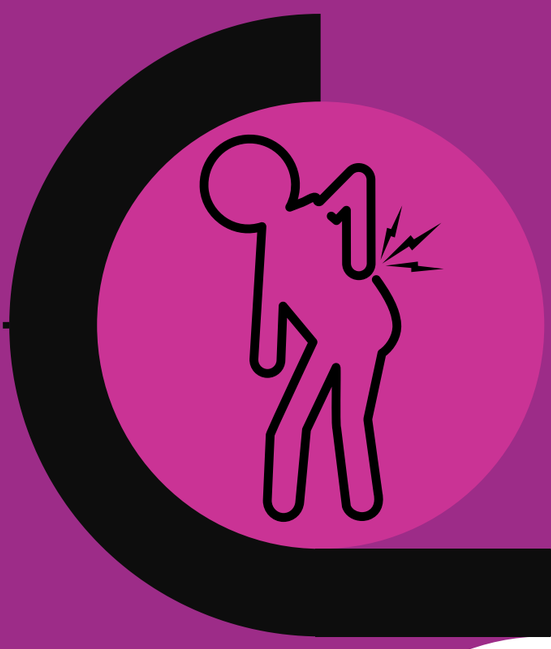
BENEFITS OF MOBILISATIONS

PAIN RELIEF

Mobilisations can help with pain relief as they reduce stiffness and increase the fluid in a joint to allow for better movement



DECREASED STIFFNESS

Because the mobilisations are moving the joint it creates a change in the fluid in the joint. This enables it to have more movement and decreases stiffness.

INCREASED RANGE OF MOVEMENT IN THE JOINT

It enables the tight structures affecting the joint (e.g. muscles) to relax as the movement then begins to “shut off” signals telling the muscle to tighten - enabling it to relax

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