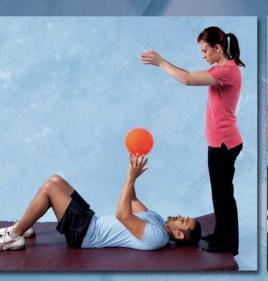
# Therapeutic Exercise

FOUNDATIONS AND TECHNIQUES

Sixth Edition









# Therapeutic Exercise

**FOUNDATIONS AND TECHNIQUES** 

**Sixth Edition** 



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Carolyn Kisner PT, MS & Lynn Allen Colby PT, MS

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FOUNDATIONS AND TECHNIQUES

**Sixth Edition** 

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To Jerry and our growing family—as always, your love and support have sustained me through this project.

-CK

To Rick and my extended family—a source of constant support and joy.

-LC

In memory of our parents—who were supportive throughout our lives.

To our students—who have taught us so much.

To our colleagues—who have been helpful and stimulating in our professional growth.

—LC and CK

## Preface to the Sixth Edition

Each edition of *Therapeutic Exercise: Foundations and Techniques* has incorporated developing trends and research in the therapeutic application of exercise. We continue this tradition in our sixth edition. This text not only provides a solid foundation in the principles and application of therapeutic exercise but also expands on this content to help the student and practitioner develop knowledge and skills in designing and implementing exercise programs that facilitate and enhance patient learning and the independence and well-being of individuals across the continuum of health.

In addition to extensive revisions and updating of content, highlights of this new edition include:

- The expanded use of highly qualified contributors. In addition to contributors for past editions of this text, who have revised or developed chapters or portions of chapters, we enlisted the assistance of several new contributors to update chapters on the spine, shoulder, knee, and lymphatic disorders. Their knowledge of current research, insights associated with their areas of specialization, and perspectives on current practice provide greater depth and breadth to this edition.
- Expansion and updating of the feature "Focus on Evidence." Research that supports exercise outcomes is emphasized.
- The addition of a new feature called "Clinical Tips." Throughout the text, hints for exercise applications are highlighted in order to enrich the reader's focus.

- Integration of the language of International Classification of Functioning, Disability and Health (ICF) with the Nagi model in order to facilitate the transition to the updated World Health Organization's health classification scheme that addresses not only impairments, activity limitations, and participation restrictions, but also health and wellness.
- The addition of spinal manipulation techniques. These interventions are now being taught in most entry-level physical therapy programs, so inclusion of principles and techniques for use in the spinal regions is a natural addition to the peripheral joint techniques.
- A new chapter on advanced functional training. Although a limited number of advanced exercises to enhance physical performance have been included in individual chapters in previous editions, it is recognized that once an individual progresses through the rehabilitation process exercises can no longer be joint specific but must incorporate integration of total body movement in order to improve functional motor skills.
- Highlighted throughout the text are links to video demonstrations of key interventions. It is recognized that visualization of the application of techniques is a useful tool for the new learner as well as the experienced therapist.

We hope our efforts with the sixth edition of this text will provide a resource for learning and professional growth of the students and healthcare practitioners who utilize therapeutic exercise.

# Acknowledgments

The foundation for this edition would not exist without the mentorship and contributions of colleagues and educators who we have acknowledged in previous editions. In addition, we wish to acknowledge and express our sincere gratitude to the following educators and clinicians, who contributed their knowledge, insights, and professional perspectives to the development of this edition.

John Borstad, PT, PhD, for review and revision of portions of Chapter 17, "The Shoulder and Shoulder Girdle."

Elaine Bukowski, PT, DPT, MS, (D)ABDA Emeritus for revision of Chapter 9, "Aquatic Exercise."

John DeWitt, PT, DPT, SCS, ATC, for review and contributions to Chapter 21, "The Knee."

Karen Hock, PT, MS, CLT-LANA, for revision of Chapter 25, "Management of Lymphatic Disorders".

Karen Holtgrefe, PT, DHS, OCS, for revision of Chapter 2, "Prevention, Health, and Wellness," and Chapter 7, "Principles of Aerobic Exercise," and for revising the content on fibromyalgia, myofascial pain syndrome, and osteoporosis in Chapter 11, "Joint, Connective Tissue, and Bone Disorders and Management."

Barbara Settles Huge, PT, for her revision of Chapter 24, "Women's Health: Obstetrics and Pelvic Floor."

Anne Kloos, PT, PhD, NCS, and Deborah Givens, PT, PhD, DPT, for revision of Chapter 8, "Exercise for Impaired Balance."

Jacob Thorp, PT, DHS, MTC, for review of Chapter 14, "The Spine: Structure, Function, and Posture," and contributions to Chapter 15, "The Spine: Management Guidelines," and Chapter 16, "The Spine: Exercise and Manipulation Interventions."

A special thank you to Anne Kloos and Jacob Thorp for their assistance in setting up a portion of the photos taken at the photo shoot, to the Physical Therapy Division at The Ohio State University for use of their facility during the photo shoot, to Jason Torres of Vintage Camera Works Ltd in New York for his exceptional photography skills, and to the many individuals who modeled for the new photos and video clips.

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And once again, a special thank you to FA Davis staff, particularly to our Acquisitions Editor, Melissa Duffield, and to our Senior Developmental Editor, Jennifer Pine, both of whom helped bring the sixth edition to fruition.

# **About the Authors**



### Carolyn Kisner, PT, MS

Carolyn was a faculty member at The Ohio State University (OSU) for 27 years and was awarded Emeritus status after taking early retirement. During her tenure at OSU, she received the Excellence in Teaching award from the School of Allied Medical Professions and was recognized as Outstanding Faculty by the Sphinx and Mortarboard Honor Societies. She organized and managed

the honors and research program for the physical therapy division, managed the advanced orthopedic track in the postprofessional graduate program, and advised numerous graduate students. Carolyn then taught at the College of Mount St. Joseph in Cincinnati for 7 years. During her tenure there, she chaired the curriculum committee, which coordinated revision of the master's program and developed the entry-level doctor of physical therapy program. She was awarded the Sister Adele Clifford Excellence in Teaching at the Mount, and at the spring convocation in 2010, she was awarded the Lifetime Achievement in Physical Therapy.

Carolyn co-authored the textbook *Therapeutic Exercise* (F.A. Davis Company) with Lynn Colby, PT, MS, first published in 1985. She and Lynn have always tried to maintain current with the trends in physical therapy, which is reflected in each of the revisions of this book; they have also coauthored the pocket-sized flip book titled *Ther Ex Notes: Clinical Pocket Guide* (F.A. Davis Company). Carolyn's primary teaching experience includes medical kinesiology, orthopedic evaluation and intervention, therapeutic exercise, and manual therapy. She has presented numerous workshops on peripheral joint mobilization, spinal stabilization, kinesiology, gait, and functional exercise nationally and internationally, including multiple visits to the Philippines, Brazil,

Canada, and Mexico. Throughout her career, her active clinical involvement has been primarily in outpatient orthopedics and home health. In recognition of her achievements, Capital University in Columbus, Ohio, awarded her the Alumni Achievement Award for 2012.



### Lynn Allen Colby, PT, MS

Lynn is assistant professor emeritus, The Ohio State University (OSU). She received her BS in physical therapy and MS in allied medicine from OSU, Columbus, Ohio. She is coauthor of the textbook *Therapeutic Exercise: Foundations and Techniques*, now in its sixth edition, and *Ther Ex Notes: Clinical Pocket Guide*.

Recently retired, she taught in the physical therapy pro-

gram in the School of Allied Medical Professions (now known as the School of Health and Rehabilitation Sciences) at OSU for 35 years. As a faculty member, she also advised physical therapists enrolled in the postprofessional graduate program in allied medicine. Her primary teaching responsibilities in the physical therapy curriculum included therapeutic exercise interventions for musculoskeletal and neurological conditions and pediatric physical therapy. Experience in the clinical setting has included acute care in orthopedics, extended care in skilled nursing facilities, and inpatient and outpatient care in various pediatric settings.

During her long career in physical therapy, she was a recipient of the Excellence in Teaching Award from the School of Allied Medical Professions at OSU and was named the Ohio Physical Therapist of the Year in 2001 by the Ohio Physical Therapy Association. Most recently, she was honored by the OSU Alumni Association with the Ralph Davenport Mershon Award for Service and Leadership.

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# Brief Contents

Chapter 1: Therapeut	ic Exercise:	Foundational
Concepts	1	

Chapter 2: **Prevention, Health, and Wellness** 43 *Karen Holtgrefe, PT, DHS, OCS* 

# Part II: Applied Science of Exercise and Techniques 51

Chapter	3:	Rang	e of	Mo	otion	51
Onapton	ο.	1/ulle	C OI	TAT	JUIOII	0 1

Chapter 4: **Stretching for Impaired Mobility** 72

Chapter 5: **Peripheral Joint Mobilization/ Manipulation** 119

Chapter 6: **Resistance Exercise for Impaired Muscle Performance** 157

Chapter 7: **Principles of Aerobic Exercise** 241 *Karen Holtgrefe, PT, DHS, OCS* 

Chapter 8: **Exercise for Impaired Balance** 260 *Anne D. Kloos, PT, PhD, NCS Deborah L. Givens, PT, PhD, DPT* 

Chapter 9: **Aquatic Exercise** 290

Elaine L. Bukowski, PT, DPT, MS, (D)ABDA

Emeritus

### Part III: **Principles of Intervention** 315

Chapter 10: **Soft Tissue Injury, Repair, and Management** 315

Chapter 11: **Joint, Connective Tissue, and Bone Disorders and Management** 330 *Carolyn Kisner, PT, MS Karen Holtgrefe, PT, DHS, OCS* 

Chapter 12: **Surgical Interventions and Postoperative Management** 351

Chapter 13: **Peripheral Nerve Disorders and Management** 374

# Part IV: **Exercise Interventions by Body Region** 409

Chapter 14: **The Spine: Structure, Function,** and **Posture** 409

Chapter 15: **The Spine: Management Guidelines** 438

Carolyn Kisner, PT, MS

Jacob N. Thorp, PT, DHS, MTC

Chapter 16: **The Spine: Exercise and Manipulation Interventions** 485 *Carolyn Kisner, PT, MS Jacob N. Thorp, PT, DHS, MTC* 

### **xiv** Brief Contents

Chapter 17: **The Shoulder and Shoulder Girdle** 539

Carolyn Kisner, PT, MS

Lynn Colby, PT, MS

John D. Borstad, PT, PhD

Chapter 18: **The Elbow and Forearm Complex** 618

Chapter 19: **The Wrist and Hand** 651

Chapter 20: **The Hip** 709

Chapter 21: **The Knee** 764

Lynn Colby, PT, MS

Carolyn Kisner, PT, MS

John DeWitt, PT, DPT, SCS, ATC

Chapter 22: **The Ankle and Foot** 849

Chapter 23: Advanced Functional Training 895

# Part V: Special Areas of Therapeutic Exercise 929

Chapter 24: Women's Health: Obstetrics and Pelvic Floor 929 Barbara Settles Huge, PT Carolyn Kisner, PT, MS Chapter 25: Management of Lymphatic

**Disorders** 961 Karen L. Hock, PT, MS, CLT-LANA Lynn Allen Colby, PT, MS

# Contents

Concepts Concepts Therapeutic Exercise: Foundational Concepts Therapeutic Exercise: Impact On Physical Function Therapeutic Exercise: Impact On Ph
Therapeutic Exercise: Impact on Physical Function 1 for Exercise and Task-Specific Instruction 27 Adherence to Exercise 36
on Physical Function1Adherence to Exercise36
Definition of Therapeutic Exercise 2 Independent Learning Activities 37
Components of Physical Function:  Definition of Key Terms  2 Chapter 2: <b>Prevention, Health, and Wellness</b> Types of Therapeutic Exercise Intervention  3 Karen Holtgrefe, PT, DHS, OCS
Exercise Safety 3 Key Terms and Concepts 43
Classification of Health Status, Role of Physical Therapy in Functioning, and Disability—Evolution Healthy People 2020 43
of Models and Related Terminology 4 Identifying Risk Factors 45
Background and Rationale for Determining Readiness to Change 45 Classification Systems 4 Additional Factors Affecting the Models of Functioning and Ability to Change 46
Disability—Past and Present  Components of Functioning and  Components of Functioning and  Program  Program  4  Developing and Implementing a  Program  4
Disability Models and Applications in Physical Therapy 5 Case Example: Exercise and Osteoporosis 47
Patient Management and Clinical Additional Considerations for Developing  Decision-Making: An Interactive Prevention, Health, and Wellness  Relationship 12 Programs
10614110
Clinical Decision-Making 12 Independent Learning Activities 49 Evidence-Based Practice 13
A Patient Management Model 15

Part II: Applied Science of Exercise and Techniques	51	Overview of Interventions to Increase Mobility of Soft Tissues	75
<u> </u>		Indications, Contraindications, and	
Chapter 3: Range of Motion	51	Potential Outcomes of Stretching Exercises	76
Types of ROM Exercises	52	Indications and Contraindications	, 0
Indications, Goals, and Limitations	50	for Stretching	76
of ROM	52	Potential Benefits and Outcomes	
Passive ROM	52	of Stretching	76
Active and Active-Assistive ROM	52	Properties of Soft Tissue: Response	
Precautions and Contraindications to ROM Exercises	53	to Immobilization and Stretch	77
Principles and Procedures for Applying	55	Mechanical Properties of Contractile Tissue	78
ROM Techniques	53		/ 0
Examination, Evaluation, and Treatment		Neurophysiological Properties of Contractile Tissue	80
Planning	53	Mechanical Properties of Noncontractile	00
Patient Preparation	54	Soft Tissue	81
Application of Techniques	54	Determinants and Types of	
Application of PROM	54	Stretching Exercises	85
Application of AROM	54	Alignment and Stabilization	85
ROM Techniques	54	Intensity of Stretch	86
Upper Extremity	54	Duration of Stretch	87
Lower Extremity	59	Speed of Stretch	89
Cervical Spine	62	Frequency of Stretch	90
Lumbar Spine	63	Mode of Stretch	90
Self-Assisted ROM	63	Proprioceptive Neuromuscular Facilitation	
Self-Assistance	63	Stretching Techniques	93
Wand (T-Bar) Exercises	66	Integration of Function into Stretching	96
Wall Climbing	67	Procedural Guidelines for Application of Stretching Interventions	97
Overhead Pulleys	67	Examination and Evaluation of the Patient	97
Skate Board/Powder Board	68	Preparation for Stretching	98
Reciprocal Exercise Unit	68	Application of Manual Stretching	/(
Continuous Passive Motion	68	Procedures	98
Benefits of CPM	69	After Stretching	99
General Guidelines for CPM	69	Precautions for Stretching	99
ROM Through Functional Patterns	70	General Precautions	99
Independent Learning Activities	70	Special Precautions for Mass-Market Flexibility Programs	99
Chapter 4: Stretching for Impaired Mobility	72	Adjuncts to Stretching Interventions	100
Definition of Terms Associated with		Complementary Exercise Approaches	100
Mobility and Stretching	73	Heat	101
Flexibility	73	Cold	102
Hypomobility	73	Massage	102
Contracture	73	Biofeedback	102
Selective Stretching	75 	Joint Traction or Oscillation	102
Overstretching and Hypermobility	75		

Manual Stretching Techniques in Anatomical Planes of Motion   103   Grades or Dosages of Movement for Upper Extremity Stretching   103   Non-Thrust and Thrust Techniques   126   Lower Extremity Stretching   108   Positioning and Stabilization   128   Non-Thrust and Thrust Techniques   129   Initiation and Progression of Treatment   129   Initiation and Progression of Treatment   129   Initiation and Progression   130   Non-Thrust and Mobilization / Manipulation   119   Principles of Application   130			Contents	xvii
in Anatomical Planes of Motion Upper Extrenity Stretching Lower Extrenity Stretching Neck and Irunk Self-Stretching Techniques Neck and Irunk Self-Stretching Techniques Neck and Irunk Self-Stretching Techniques Independent Learning Activities Independent Learning Independent Learning Independent Learning Activities Independent Learning Independent Learning Independent Learning Independent Learning Independent Learning Independent Learning Activities Independent Learn	Manual Stretching Techniques		Documentation	126
Upper Extremity Stretching Lower Extremity Stretching Neck and Trunk 113 Direction and Target of Treatment Force 128 Neck and Trunk 113 Direction and Target of Treatment Force 129 Independent Learning Activities 113 Initiation and Progression of Treatment 129 Independent Learning Activities 113 Patient Response 120 Total Program 130 Chapter S: Peripheral Joint Mobilization/ Manipulation 120 Principles of Applying Passive Joint Edusion (Auro-Mobilization) 120 Principles of Applying Passive Joint Edusion 121 Acromobilization (Auro-Mobilization) 122 Peripheral Joint Mobilization of MWM in 123 Patient Response and Progression 130 Mobilization with Movement: 124 Principles of Applying Passive Joint Edusion 139 Physiological Movements 120 Peripheral Joint Mobilization Techniques 130 Peripheral Joint Mobilization Techniques 131 Physiological Movements 120 Glenohumeral Joint Mobilization Techniques 131 Accessory Movements 120 Glenohumeral Joint 132 Accessory Movements 121 Acromioclavicular Joint 133 Passic Concepts of Joint Motion: 134 Passive-Angular Stretching Versus 135 Positional Faults/Subluxations 126 Progressive Limitations for Use 137 Positional Faults/Subluxations 128 Progressive Limitation 129 Procedures for Applying Passive 100 101 101 101 102 101 103 103 104 105 105 105 105 105 105 105 105 105 105		103	Grades or Dosages of Movement for	
Neck and Trunk Self-Streiching Iechniques Independent Learning Activities Independent Learning Activities Independent Lear	Upper Extremity Stretching	103		126
Self-Stretching Techniques Independent Learning Activities I13 Patient Response I30 Total Program I30 Total Program I30 Total Program I30 Total Program I30 Mobilization with Movement: Principles of Application I19 Principles of John Mobilization/Manipulation I19 Principles of John Mobilization/Manipulation I20 Principles of Application of MWM in Clinical Practice I30 Oblization/Manipulation I20 Patient Response and Progression I31 Theoretical Framework I31 Peripheral Joint Mobilization Movement I20 Peripheral Joint Mobilization Techniques I31 Peripheral Joint Mobilization Techniques I31 Acromioclavicular Joint I32 Acromioclavicular Joint I32 Acromioclavicular Joint I33 Shoulder Girdle Complex I33 Acromioclavicular Joint I33 Shoulder Girdle Complex I33 Acromioclavicular Joint I33 Shoulder Girdle Complex I33 Acromioclavicular Joint I33 Stemoclavicular Joint I33 House I34 Acromioclavicular Joint I34 Pumeroular Articulation I37 I35 Basic Concepts of Joint Motion: Scapulothoracic Soft-Tissue Mobilization I33 Proximal Radioulnar Joint I40 District Reference I34 Pumeroular Articulation I35 Proximal Radioulnar Joint I40 District Reference I34 Proximal Radioulnar Joint I40 District Reference I34 Radiocarpal Joint of the Thumb I44 Progressive Limitation I25 Proximal Radioulnar Joint I40 District Reference Information I25 Proximal Radioulnar Joint I40 District Reference I150 Proximal Redioulnar Joint I40 District Reference I150 Proximal Rediou	Lower Extremity Stretching	108	Positioning and Stabilization	128
Independent Learning Activities 113 Patient Response 130  Chapter S: Peripheral Joint Mobilization/ Manipulation 119 Principles of Application 130  Principles of Joint Mobilization/Manipulation 120 Principles of Application 6 MWM in Clinical Practice 130  Mobilization With Movement 120 Principles and Application 6 MWM in Clinical Practice 130  Mobilization (Auto-Mobilization) 120 Patient Response and Progression 131  Self-Mobilization (Auto-Mobilization) 120 Patient Response and Progression 131  Mobilization with Movement 120 Principles of Application 6 MWM in Clinical Practice 130  Mobilization With Movement 120 Patient Response and Progression 131  Theoretical Framework 131  Mobilization With Movement 132  Physiological Movements 120 Glenohumeral Joint Mobilization Techniques 131  Accessory Movements 120 Glenohumeral Joint 133  Muscle Energy 121 Sternoclawicular Joint 135  Muscle Energy 121 Sternoclawicular Joint 135  Basic Concepts of Joint Motion: 211  Arthrokinematics 121 Elbow and Forearm Complex 137  Joint Shapes 121 Humeroulnar Articulation 138  Proximal Radioulnar Joint 140  Other Accessory Motions that Affect the Joint 23  Effects of Joint Mobilization Manipulation 124  Reversible Joint Hypomobility 124  Reversible Joint Hypomobility 124  Positional Faults/Subluxations 124  Peripheral Joint Mobilization 125  Carpometacarpal Joint of the Thumb 140  Metacarpophalangeal and Interphalangeal Joints of the Fingers 145  Hip Joint 4 Metacarpophalangeal Joints 140  Metacarpophalangeal Joints 150  Tibiofibular Joint (Talocalcaneal), Posterior Compartment 140  Leg and Ankle Joint (Talocalcaneal), Posterior Compartment 150  Intermatasian Joint (Talocalcaneal), Posterior Compartment 150  Leg and Ankle Joint (Talocalcaneal), Posterior Compartment 150  Leg and Ankl	Neck and Trunk	113	Direction and Target of Treatment Force	128
Chapter 5: Peripheral Joint Mobilization/ Manipulation 119 Principles of Application 130  Principles of Joint Mobilization/Manipulation 120 Principles and Application of MWM in Definitions of Terms 120 Clinical Practice 130  Mobilization (Auto-Mobilization) 120 Patient Response and Progression 131  Self-Mobilization (Auto-Mobilization) 120 Patient Response and Progression 131  Mobilization with Movement 120 Peripheral Joint Mobilization Techniques 131  Accessory Movements 120 Glenohumeral Joint 132  Manipulation Under Anesthesia 121 Accromicolavicular Joint 135  Muscle Energy 121 Stemoclavicular Joint 135  Muscle Energy 121 Stemoclavicular Joint 135  Basic Concepts of Joint Motion: Scapulothoracic Soft-Tissue Mobilization 136  Arthrokinematics 121 Elbow and Forearm Complex 137  Joint Shapes 121 Humeroulnar Articulation 137  Types of Motion 121 Humeroradial Articulation 138  Passive-Angular Stretching Versus Joint-Glide Stretching 123 Distal Radioulnar Joint 140  Other Accessory Motions that Affect the Joint 124  Effects of Joint Motion 124  Effects of Joint Motion 124  Reversible Joint Hypomobility 124  Peripheral Joint Motion 125  Functional Immobility 125  Ilimitations of Joint Mobilization/ Manipulation 125  Contraindications and Precautions 125  Hypermobility 125  Inflammation 125  Contraindications and Precautions 125  Inflammation 125  Conditions Requiring Special Precautions for Stretching 125  Inflammation 125  Conditions Requiring Special Precautions for Stretching 125  Inflammation 125  Conditions Requiring Special Precautions for Stretching 126  Inflammation 127  Procedures for Applying Passive 126  Inflammation 127  Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 155  Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 155  Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 155	Self-Stretching Techniques	113	Initiation and Progression of Treatment	129
Chapter S. Peripheral Joint Mobilization/ Manipulation 119 Principles of Application 130  Principles of Joint Mobilization/Manipulation 120 Principles and Application of MWM in Clinical Practice 130  Mobilization/Manipulation 120 Patient Response and Progression 131  Self-Mobilization (Auto-Mobilization) 120 Peripheral Joint Mobilization Techniques 131  Mobilization with Movement 120 Peripheral Joint Mobilization Techniques 131  Physiological Movements 120 Shoulder Girdle Complex 131  Accessory Movements 120 Glenohumeral Joint 132  Manipulation Under Anesthesia 121 Acromicolavicular Joint 135  Muscle Energy 121 Stemoclavicular Joint 135  Basic Concepts of Joint Motion:  Arthrokinematics 121 Elbow and Forearm Complex 137  Types of Motion 121 Humeroradial Articulation 137  Types of Motion 121 Humeroradial Articulation 137  Types of Motion 121 Humeroradial Articulation 138  Passive-Angular Stretching Versus Joint-Clide Stretching 123 Dista Radioulnar Joint 140  Other Accessory Motions that Affect the Joint Mobilization/Manipulation 124  Reversible Joint Hypomobility 124  Reversible Joint Hypomobility 124  Progressive Limitation 125  Progressive Limitation 125  Limitations of Joint Mobilization/ Manipulation Techniques 125  Contraindications and Precautions of Stretching 125  Inflammation 125  Conditions Requiring Special Precautions for Stretching Special Precautions Special Precautions Special Precautions Special Precautions Special Precautions Special Precautions	Independent Learning Activities	113	Patient Response	130
Manipulation119Principles of Application130Principles of Joint Mobilization/Manipulation120Principles and Application of MWM in Clinical Practice130Definitions of Terms120Clinical Practice130Mobilization/Manipulation120Patient Response and Progression131Self-Mobilization (Auto-Mobilization)120Theoretical Framework131Mobilization with Movements120Peripheral Joint Mobilization Techniques131Accessory Movements120Glenohumeral Joint132Accessory Movements120Glenohumeral Joint132Muscle Energy121Acromicolavicular Joint135Basic Concepts of Joint Motion:Scapulothoracic Soft-Tissue Mobilization135Arthrokinematics121Elbow and Forearm Complex137Joint Shapes121Humeroulinar Articulation137Types of Motion121Humeroulinar Articulation138Passive-Angular Stretching Versus Joint-Gilde Stretching123Distal Radicular Joint140Other Accessory Motions that Affect the Joint124Wrist and Hand Complex141Effects of Joint Mobilization/ Mobilization/ Manipulation124Carpometacarpal Joint of the Thumb144Pedictional Faults/Subluxations124Metacarpophalangeal and Interphalangeal Joints of the Fingers145Progressive Limitation of Joint Mobilization/ Manipulation Techniques125Tibiofiemeral Articulations147Patellofemoral Joint (Upper An			Total Program	130
Principles of Joint Mobilization/Manipulation Definitions of Terms 120 Clinical Practice 130 Mobilization/Manipulation 120 Patient Response and Progression 131 Self-Mobilization (Auto-Mobilization) 120 Theoretical Framework 131 Mobilization with Movement 120 Peripheral Joint Mobilization Techniques 131 Physiological Movements 120 Glenohumeral Joint 132 Accessory Movements 120 Glenohumeral Joint 132 Manipulation Under Anesthesia 121 Acromicolavicular Joint 135 Muscle Energy 121 Stemoclavicular Joint 135 Muscle Greeps of Joint Motion: Scapulothoracic Soft-Tissue Mobilization 136 Arthrokinematics 121 Elbow and Forearm Complex 137 Types of Motion 121 Humeroradial Articulation 137 Types of Motion 121 Humeroradial Articulation 137 Types of Motion 121 Humeroradial Articulation 138 Passive-Angular Stretching Versus Joint-Glide Stretching 123 Distal Radioulnar Joint 140 Other Accessory Motions that Affect the Joint 140 Indications and Limitations for Use of Joint Mobilization/Manipulation 124 Reversible Joint Hypomobility 124 Reversible Joint Hypomobility 124 Positional Faults/Subluxations 124 Progressive Limitation 125 Functional Immobility 125 Limitations of Joint Mobilization/ Manipulation 125 Contraindications and Precautions 125 Limitations of Joint Mobilization/ Manipulation 125 Contraindications and Precautions 125 Inflemmation 125 Conditions Requiring Special Precautions 125 Inflemmation 125 Conditions Requiring Special Precautions 125 Joint Effusion 126 Joint Techniques 127 Joint Techniques 128 Joint Techniques 128 Joint Techniqu	· · · · · · · · · · · · · · · · · · ·			
Definitions of Terms   120   Clinical Practice   130   Mobilization (Auto-Mobilization)   120   Patient Response and Progression   131   Theoretical Framework   131   Theoretical Framework   131   Theoretical Framework   131   Physiological Movements   120   Peripheral Joint Mobilization Techniques   131   Accessory Movements   120   Glenohumeral Joint   132   Accessory Movements   120   Glenohumeral Joint   132   Accomicolavicular Joint   135   Muscle Energy   121   Sternoclavicular Joint   135   Sasic Concepts of Joint Motion:   Scapulothoracic Soft-Tissue Mobilization   136   Arthrokinematics   121   Elbow and Forearm Complex   137   Types of Motion   121   Humeroradial Articulation   138   Proximal Radioulnar Joint   140   Joint-Glide Stretching   123   Distal Radioulnar Joint   140   Joint Soft Digits II-V   143   Garpometacarpal Joint of the Fingers   145   Hip Joint   140   Metacarpophalangeal and Interphalangeal Joints of the Fingers   145   Hip Joint   140   Metacarpophalangeal Articulations   147   Patellofemoral Joint   149   Metacarpophalangeal Articulations   147   Patellofemoral Joint   149   Metacarpophalangeal Joints of the Fingers   145   Hip Joint   145   Metacarpophalangeal Joints of the Fingers   145   Hip Joint   145   Metacarpophalangeal Joints   147   Patellofemoral Joint   149   Metacarpophalangeal Joints   140   Metacarpophalangeal	•			130
Mobilization/Manipulation 120 Patient Response and Progression 131 Self-Mobilization (Auto-Mobilization) 120 Theoretical Framework 131 Mobilization with Movement 120 Peripheral Joint Mobilization Techniques 131 Accessory Movements 120 Shoulder Girdle Complex 131 Accessory Movements 120 Glenohumeral Joint 132 Manipulation Under Anesthesia 121 Acromioclavicular Joint 135 Muscle Energy 121 Sternoclavicular Joint 135 Muscle Energy 121 Sternoclavicular Joint 135 Basic Concepts of Joint Motion: Scapulothoracic Soft-Tissue Mobilization 136 Arthrokinematics 121 Elbow and Forearm Complex 137 Types of Motion 121 Humeroulnar Articulation 137 Types of Motion 121 Humeroulnar Articulation 137 Types of Motion 121 Humeroradial Articulation 138 Passive-Angular Stretching Versus Proximal Radioulnar Joint 140 Joint-Gilde Stretching 123 Distal Radioulnar Joint 140 Joint-Gilde Stretching 123 Distal Radioulnar Joint 140 Indications and Limitations for Use of Joint Mobilization/Manipulation 124 Reversible Joint Hypomobility 124 Positional Faults/Subluxations 124 Progressive Limitation 125 Functional Immobility 125 Limitations of Joint Mobilization/Manipulation 125 Limitations of Joint Mobilization/Manipulation 125 Limitations of Joint Mobilization/Manipulation 125 Londations Requiring Special Precautions for Stretching 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Internetatarsal, Metatarsophalangeal, and interphalangeal Joints 151 Internetatarsal, Metatarsophalangeal, and interphalangeal Joints 155				400
Self-Mobilization (Auto-Mobilization) 120 Theoretical Framework 131 Mobilization with Movement 120 Peripheral Joint Mobilization Techniques 131 Physiological Movements 120 Glenohumeral Joint 132 Manipulation Under Anesthesia 121 Accromicclavicular Joint 135 Muscle Energy 121 Sternoclavicular Joint 135 Muscle Energy 121 Humeroular Articulation 137 Types of Motion 121 Humeroradial Articulation 137 Types of Motion 121 Humeroradial Articulation 137 Types of Motion 121 Humeroradial Articulation 138 Passive-Angular Stretching 123 Distal Radioulnar Joint 140 Joint-Glide Stretching 123 Distal Radioulnar Joint 140 Other Accessory Movements 124 Effects of Joint Motion 124 Effects of Joint Motion 124 Effects of Joint Mobilizations for Use of Joint Mobilizations for Use Of Joint Mobilizations for Use Pain, Muscle Guarding, and Spasm 124 Reversible Joint Hypomobility 124 Positional Faults/Subluxations 124 Progressive Limitation 125 Functional Immobility 125 Limitations of Joint Mobilization/ Manipulation Techniques 125 Limitations of Joint Mobilization/ Manipulation 125 Contraindications and Precautions 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Inflammation 125 Conditions Requiring Special Precautions 125 Internetatarsal, Metatarsophalangeal, and Interphalangeal Joints 153 Internetatarsal, Metatarsophalangeal, and Interphalangeal Joints 155 Internetatarsal, M				
Mobilization with Movement 120 Peripheral Joint Mobilization Techniques 131 Physiological Movements 120 Shoulder Girdle Complex 131 Accessory Movements 120 Glenohumeral Joint 132 Manipulation Under Anesthesia 121 Acromicolavicular Joint 135 Muscle Energy 121 Sternoclavicular Joint 135 Muscle Energy 121 Sternoclavicular Joint 135 Sternoclavicular Joint 135 Sternoclavicular Joint 135 Sternoclavicular Joint 136 Arthrokinematics 121 Elbow and Forearm Complex 137 Joint Shapes 121 Humeroulnar Articulation 137 Humeroulnar Articulation 137 Humeroulnar Articulation 138 Passive-Angular Stretching 121 Humeroulnar Articulation 138 Proximal Radioulnar Joint 140 Joint-Gilde Stretching 123 Distal Radioulnar Joint 140 Utrist and Hand Complex 141 Humeroulnar Articulation 140 Utrist and Hand Complex 141 Humeroulnar Articulation 140 Utrist and Hand Complex 141 Humeroulnar Articulation 140 Utrist and Hand Complex 141 Humeroulnar Joint 140 Utrist and Hand Complex 141 Carpometacarpal Joint 140 Utrist and Hand Complex 141 Carpometacarpal Joint 141 Carpometacarpal Joint 141 Carpometacarpal Joint 141 Carpometacarpal Joint 142 Positional Faults/Subluxations 124 Humeroulnar Articulations 147 Humeroulnar Articulations 148 Humeroulnar Articulations 149 Humeroulnar Articulati			· · · · · · · · · · · · · · · · · · ·	
Physiological Movements 120 Shoulder Girdle Complex 131 Accessory Movements 120 Glenohumeral Joint 132 Manipulation Under Anesthesia 121 Acromioclavicular Joint 135 Muscle Energy 121 Sternoclavicular Joint 135 Muscle Energy 121 Sternoclavicular Joint 135 Basic Concepts of Joint Motion: Scapulothoracic Soft-Tissue Mobilization 136 Arthrokinematics 121 Elbow and Forearm Complex 137 Joint Shapes 121 Humeroulnar Articulation 137 Types of Motion 121 Humeroradial Articulation 138 Passive-Angular Stretching Versus Proximal Radioulnar Joint 140 Joint-Gilde Stretching 123 Distal Radioulnar Joint 140 Other Accessory Motions that Affect Wrist and Hand Complex 141 Effects of Joint Motion 124 Radiocarpal Joint 141 Indications and Limitations for Use of Joint Mobilization/Manipulation 124 Reversible Joint Hypomobility 124 Reversible Joint Hypomobility 124 Reversible Joint Hypomobility 124 Progressive Limitation 125 Progressive Limitation 125 Contraindications and Precautions 125 Hypermobility 125 Joint Effusion 125 Contraindications and Precautions 125 Limitation Requiring Special Precautions for Stretching 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126 Line Interphalangeal Joints 142 Line Interphalangeal Joints 154 Legand Ankle Joints 155 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Legand Interphalangeal Joints 154 Legand Ankle Joints 155 Line Interphalangeal Joints 154 Legand Ankle Joint (Talocalcaneal), Posterior Compartment 152 Line Interphalangeal Joints 154 Legand Ankle Joints 155 Line Interphalangeal Joints 154 Legand Ankle Joints 155 Legand Ankle Joints 155 Line Interphalangeal Joints 154 Legan				
Accessory Movements 120 Glenohumeral Joint 132 Manipulation Under Anesthesia 121 Acromioclavicular Joint 135 Muscle Energy 121 Sternoclavicular Joint 135 Basic Concepts of Joint Motion: Scapulothoracic Soft-Tissue Mobilization 136 Arthrokinematics 121 Elbow and Forearm Complex 137 Joint Shapes 121 Humeroulnar Articulation 137 Types of Motion 121 Humeroulnar Articulation 138 Passive-Angular Stretching Versus Proximal Radioulnar Joint 140 Joint-Clide Stretching 123 Distal Radioulnar Joint 140 Joint-Clide Stretching 123 Distal Radioulnar Joint 140 Other Accessory Motions that Affect the Joint 124 Effects of Joint Motion 124 Effects of Joint Motion 124 Indications and Limitations for Use of Joint Mobilization/Manipulation 124 Reversible Joint Hypomobility 124 Reversible Joint Hypomobility 124 Positional Faultis/Subluxations 125 Progressive Limitation 125 Contraindications and Precautions 125 Hypermobility 125 Limitations of Joint Mobilization/ Manipulation 126 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126 Intertarsal and Tarsometatarsal Joints 154 Intertarsal and Tarsometatarsal, Metatarsophalangeal, and Interphagalageal Joints 154 Intertarsal and Tarsometatarsal Joints 154 Intertarsal and Interphagalageal, and Interphagalageal Joints 154 Intertarsal and Tarsometatarsal Joints 154 Intertarsal and Tarsometatarsal Joints 154 Intertarsal and Interphagalageal, and Interphagalagial, and Interphag				
Manipulation Under Anesthesia 121 Acromioclavicular Joint 135  Muscle Energy 121 Sternoclavicular Joint 135  Basic Concepts of Joint Motion: Scapulothoracic Soft-Tissue Mobilization 136  Arthrokinematics 121 Elbow and Forearm Complex 137  Joint Shapes 121 Humeroulnar Articulation 137  Types of Motion 121 Humeroradial Articulation 138  Passive-Angular Stretching Versus Proximal Radioulnar Joint 140  Other Accessory Motions that Affect the Joint Joint 123  Effects of Joint Motion 124  Indications and Limitations for Use of Joint Mobilization/Manipulation 124  Reversible Joint Hypomobility 124  Positional Faults/Subluxations 124  Progressive Limitation 125  Functional Immobility 125  Limitations of Joint Mobilization/ Manipulation 125  Contraindications and Precautions 125  Hypermobility 125  Contraindications and Precautions for Stretching 125  Conditions Requiring Special Precautions for Stretching 125  Procedures for Applying Passive Joint Techniques 126  Independent Learning Activities 155	, ,		·	
Muscle Energy 121 Sternoclavicular Joint 135  Basic Concepts of Joint Motion: Arthrokinematics 121 Elbow and Forearm Complex 137  Joint Shapes 121 Humeroulnar Articulation 137  Types of Motion 121 Humeroradial Articulation 138  Passive-Angular Stretching Versus Proximal Radioulnar Joint 140  Other Accessory Motions that Affect the Joint Motion 124  Effects of Joint Motion 124  Indications and Limitations for Use of Joint Mobilization/Manipulation 124  Reversible Joint Hypomobility 124  Progressive Limitation 125  Progressive Limitation 125  Functional Immobility 125  Limitations of Joint Mobilization/Manipulation 125  Contraindications and Precautions for Stretching 125  Conditions Requiring Special Precautions for Stretching 125  Procedures for Applying Passive Joint Techniques 125  Independent Learning Activities 155				
Basic Concepts of Joint Motion: Arthrokinematics 121 Elbow and Forearm Complex 137 Joint Shapes 121 Humeroulnar Articulation 138 Passive-Angular Stretching Versus Joint-Glide Stretching 123 Dint-Glide Stretching 124 Dint-Glide Stretching 125 Distal Radioulnar Joint 140 Other Accessory Motions that Affect the Joint 141 Effects of Joint Motion 142 Indications and Limitations for Use of Joint Mobilization/Manipulation 144 Reversible Joint Hypomobility 145 Progressive Limitation 146 Progressive Limitation 147 Limitations of Joint Mobilization/ Manipulation Techniques 148 Pypermobility 149 Limitations of Joint Mobilization/ Manipulation Techniques 140 Metacarpophalangeal Joint of the Thumb 141 Metacarpophalangeal Joint of the Fingers 145 Hip Joint 146 Carpometacarpal Joint of the Thumb 147 Metacarpophalangeal Joints of the Fingers 148 Hip Joint 149 Metacarpophalangeal Joint of the Fingers 149 Leg and Ankle Joints 140 Wrist and Hand Complex 140 Carpometacarpal Joint of the Thumb 141 Carpometacarpal Joint of the Thumb 142 Carpometacarpal Joint of the Fingers 145 Hip Joint 146 Knee Joint Complex 147 Tibiofemoral Articulations 147 Patellofemoral Joint 149 Leg and Ankle Joints 150 Tibiofibular Joints 150 Joint Effusion 151 Joint Effusion 152 Tibiofibular Joints 153 Intermetatarsal Joints 154 Intertarsal and Tarsometatarsal Joints 155 Intermetatarsal Joints 156 Intertarsal and Tarsometatarsal Joints 157 Intertarsal and Tarsometatarsal Joints 158 Intermetatarsal, Activities 159 Interphalangeal Joints 150 Interphalangeal Joints 150 Interphalangeal Joints 151 Interphalangeal Joints 154 Independent Learning Activities 155 Independent Learning Activities	•			
Arthrokinematics 121 Elbow and Forearm Complex 137 Joint Shapes 121 Humeroulnar Articulation 137 Types of Motion 121 Humeroradial Articulation 138 Passive-Angular Stretching Versus Proximal Radioulnar Joint 140 Joint-Glide Stretching 123 Distal Radioulnar Joint 140 Other Accessory Motions that Affect the Joint 124 Effects of Joint Motion 124 Indications and Limitations for Use of Joint Mobilization/Manipulation 124 Reversible Joint Hypomobility 124 Positional Faults/Subluxations 125 Progressive Limitation 50 Joint Mobilization/ Manipulation 125 Functional Immobility 125 Limitations of Joint Mobilization/ Manipulation Techniques 125 Limitations and Precautions for Stretching 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126 Independent Learning Activities 155 Independent Learning Activities 155		121		
Joint Shapes 121 Humeroulnar Articulation 137 Types of Motion 121 Humeroradial Articulation 138 Passive-Angular Stretching Versus Joint-Glide Stretching 123 Distal Radioulnar Joint 140 Other Accessory Motions that Affect the Joint 124 Effects of Joint Motion 124 Indications and Limitations for Use of Joint Mobilization/Manipulation 124 Pain, Muscle Guarding, and Spasm 124 Reversible Joint Hypomobility 124 Positional Faults/Subluxations 124 Progressive Limitation 125 Progressive Limitation 125 Functional Immobility 125 Limitations of Joint Mobilization/Manipulation 125 Contraindications and Precautions 125 Hypermobility 125 Joint Effusion 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 125 Procedures for Applying Passive Joint Techniques 126 International Immobiles 125 Intermetatarsal Joints Activities 1155 Intermetatarsal Joints Activities 1150 Intertarsal and Interplalangeal Joints 1140 Humeroulnar Articulation 124 Humeroulnar Articulation 124 Humeroulnar Articulation 124 Wrist and Hand Complex 141 Carpometacarpal Joint (Tancacarpal Joint of the Thumb 144 Carpometacarpal Joint of the Thumb 144 Metacarpophalangeal Joints of the Fingers 145 Hip Joint Knee Joint Complex 147 Tibiofemoral Articulations 147 Fatellofemoral Joint 149 Leg and Ankle Joints 150 Talocrural Joint (Upper Ankle Joint) 151 Subtalar Joint (Talocalcaneal), Posterior Compartment 152 Intertarsal and Tarsometatarsal Joints 153 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Interphalang		101		
Types of Motion 121 Humeroradial Articulation 138  Passive-Angular Stretching Versus Joint-Glide Stretching 123 Distal Radioulnar Joint 140  Other Accessory Motions that Affect the Joint 124 Effects of Joint Motion 124  Indications and Limitations for Use of Joint Mobilization/Manipulation 124  Pain, Muscle Guarding, and Spasm 124  Reversible Joint Hypomobility 124 Positional Faults/Subluxations 124  Progressive Limitation 125  Progressive Limitation 125  Functional Immobility 125  Limitations of Joint Mobilization/Manipulation 125  Contraindications and Precautions 125  Hypermobility 125  Joint Effusion 125  Conditions Requiring Special Precautions for Stretching 125  Procedures for Applying Passive Joint Techniques 125  Procedures for Applying Passive Joint Techniques 125  Inflammation 125  Procedures for Applying Passive Joint Techniques 126  Independent Learning Activities 115			•	
Passive-Angular Stretching Versus Joint-Glide Stretching 123 Distal Radioulnar Joint 140 Other Accessory Motions that Affect the Joint Effects of Joint Motion 124 Indications and Limitations for Use of Joint Mobilization/Manipulation Pain, Muscle Guarding, and Spasm 124 Reversible Joint Hypomobility Progressive Limitations 125 Frunctional Immobility 126 Limitations of Joint Mobilization/ Manipulation Techniques 127 Contraindications and Precautions for Stretching Procedures for Applying Passive Joint Techniques 128 Proximal Radioulnar Joint 140 Wrist and Hand Complex 141 Radiocarpal Joint Carpometacarpal Joint (Intermetacarpal Joints of Digits II-V 143 Carpometacarpal Joint of the Thumb 144 Carpometacarpal Joint of the Thumb 144 Metacarpophalangeal and Interphalangeal Joints of the Fingers 145 Hip Joint Knee Joint Complex 147 Tibiofemoral Articulations 147 Patellofemoral Joint 149 Leg and Ankle Joints 150 Tibiofibular Joints 150 Tibiofibular Joint 140 Carpometacarpal Joint of the Thumb 144 Carpometacarpal Joint of the Thumb 144 Carpometacarpal Joint of the Thumb 145 Metacarpophalangeal and Interphalangeal Joints of the Fingers 145 Hip Joint 140 Carpometacarpal Joint of the Thumb 141 Carpometacarpal Joint of the Thumb 144 Carpometacarpal Joint of the Thumb 144 Carpometacarpal Joint of the Thumb 145 Metacarpophalangeal Joint of the Thumb 146 Carpometacarpal Joint of the Thumb 147 Metacarpophalangeal Joint of the Thumb 148 Metacarpophalangeal Joint of the Thumb 149 Leg and Ankle Joints 150 Tibiofibular Joints 150 Tibiofibular Joints 150 Tibiofibular Joints 150 Tibiofibular Joint (Upper Ankle Joint) 151 Internetatarsal Joint (Talocalcaneal), Posterior Compartment 152 Internetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Leganing Activities				
Other Accessory Motions that Affect the Joint Greek of Joint Motion 124 Effects of Joint Motion 124 Indications and Limitations for Use of Joint Mobilization/Manipulation 124 Carpometacarpal Joint of the Thumb 144 Pain, Muscle Guarding, and Spasm 124 Reversible Joint Hypomobility 124 Positional Faults/Subluxations 125 Functional Immobility 125 Indications and Precautions 125 Contraindications and Precautions 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126 Intermetatacarpal Joint Mobilization/ Meanipulation 125 Intermetatacarpal Joint of the Thumb 144 Metacarpophalangeal Joints of the Fingers 145 Hip Joint Metacarpophalangeal and Interphalangeal Joints of the Fingers 145 Hip Joint Knee Joint Complex 147 Tibiofemoral Articulations 147 Patellofemoral Joint 149 Leg and Ankle Joints 150 Tibiofibular Joint (Upper Ankle Joint) 151 Subtalar Joint (Upper Ankle Joint) 151 Subtalar Joint (Upper Ankle Joint) 151 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 153 Intermetatarsal, Joints 154 Independent Learning Activities 155 Independent Learning Activitie	• •	121		
Other Accessory Motions that Affect the Joint		123		
the Joint 123 Effects of Joint Motion 124 Indications and Limitations for Use of Joint Mobilization/Manipulation 124 Pain, Muscle Guarding, and Spasm 124 Reversible Joint Hypomobility 124 Positional Faults/Subluxations 124 Progressive Limitation 125 Prunctional Immobility 125 Limitations of Joint Mobilization/ Manipulation Techniques 125 Contraindications and Precautions 125 Hypermobility 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126 Intertasal and Tarsometatarsal Joints 154 Independent Learning Activities 155 Independent Learning Activities 155		120		
Indications and Limitations for Use of Joint Mobilization/Manipulation Pain, Muscle Guarding, and Spasm Reversible Joint Hypomobility Positional Faults/Subluxations Progressive Limitation Functional Immobility Limitations of Joint Mobilization/ Manipulation Techniques Hypermobility Joint Effusion Inflammation Conditions Requiring Special Precautions for Stretching Procedures for Applying Passive Joint Techniques  I24 Carpometacarpal and Intermetacarpal Joints of Digits II—V  143 Carpometacarpal Joint of the Thumb Metacarpophalangeal and Interphalangeal Joints of the Fingers Interphalangeal Joints of the Fingers Interphalangeal Joints of the Fingers Interphalangeal Joints of Digits II—V  144 Carpometacarpal and Intermetacarpal Joints of Digits II—V  145 Carpometacarpal Joint of the Thumb Metacarpophalangeal Joints of Digits II—V  Interphalangeal Joint of the Thumb Metacarpophalangeal Joints of Digits II—V  Interphalangeal Joint of the Thumb Metacarpophalangeal Joints of Digits II—V  Interphalangeal Joint of the Thumb Metacarpophalangeal Joints of Digits II—V  Interphalangeal Joint of the Thumb Metacarpophalangeal Joints of Digits II—V  Interphalangeal Joints of Digits II—V  Interphalangeal Joint of the Thumb Metacarpophalangeal Joints of Digits II—V  Interphalangeal Joint of the Thumb Metacarpophalangeal Joints of Digits II—V  Interphalangeal Joints of Digits II—V  Italiand Interphalangeal Joints of Digits II—V  Interphalangeal Joints of Digits II—V  Interphalangeal Joints of The Thumb  Interphalangeal Joints of The Fingers  Interphalangeal Joints of Th	· · · · · · · · · · · · · · · · · · ·	123	· ·	
Indications and Limitations for Use of Joint Mobilization/Manipulation Pain, Muscle Guarding, and Spasm Reversible Joint Hypomobility Positional Faults/Subluxations Progressive Limitation Prunctional Immobility Limitations of Joint Mobilization/ Manipulation Techniques Hypermobility Joint Effusion Conditions Requiring Special Precautions for Stretching Procedures for Applying Passive Joint Techniques  Carpometacarpal Joint of the Thumb Metacarpophalangeal Joint of the Fingers Hypermobality Limitations of Joint Hypomobility Limitations of Joint Mobilization/ Manipulation Techniques Leg and Ankle Joints Tibiofibular Joints Tibiofibular Joints Talocrural Joint (Upper Ankle Joint) Subtalar Joint (Talocalcaneal), Posterior Compartment Leg and Tarsometatarsal Joints Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 153 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Learning Activities				141
Pain, Muscle Guarding, and Spasm Reversible Joint Hypomobility Positional Faults/Subluxations Progressive Limitation Itinitations of Joint Mobilization/ Manipulation Techniques  Hip Joint  Knee Joint Complex Tibiofemoral Articulations Patellofemoral Joint Leg and Ankle Joints Tibiofibular Joints Tibiofibular Joints Tibiofibular Joints Talocrural Joint (Talocalcaneal), Posterior Compartment Tibiofremoral Articulations Tibiofibular Joints Tibiofibular Joint (Upper Ankle Joint) Talocrural Joint (Talocalcaneal), Posterior Compartment Tibiofibular Joints Tibiofibular Joint (Upper Ankle Joint) Tibiofibular Joint (Talocalcaneal), Posterior Compartment Tibiofibular Joints	Indications and Limitations for Use			1/12
Pain, Muscle Guarding, and Spasm Reversible Joint Hypomobility Positional Faults/Subluxations 124 Progressive Limitation Progressive Limitation Prunctional Immobility 125 Limitations of Joint Mobilization/ Manipulation Techniques 125 Contraindications and Precautions Hypermobility 125 Joint Effusion 126 Conditions Requiring Special Precautions for Stretching 127 Procedures for Applying Passive Joint Techniques 128 Positional Fully 129 Independent Learning Activities 149 Metacarpophalangeal and Interphalangeal Joints of the Fingers 145 Knee Joint Complex 147 Fibiofemoral Articulations 147 Patellofemoral Joint 149 Leg and Ankle Joints 150 Tibiofibular Joints 150 Subtalar Joint (Upper Ankle Joint) 151 Subtalar Joint (Talocalcaneal), Posterior Compartment 152 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Learning Activities 155	of Joint Mobilization/Manipulation	124	<u> </u>	
Reversible Joint Hypomobility Positional Faults/Subluxations Progressive Limitation Progressive Joint Complex  Italian Progressive Joint Complex  Italian Progressive Joint Complex  Italian Patellofemoral Articulations Patellofemoral Articulations Patellofemoral Articulations  Italian Progressive Joint Complex  Italian Progressive Joint Complex  Italian Progressive Joint Complex  Italian Patellofemoral Joint P	Pain, Muscle Guarding, and Spasm	124	·	144
Positional Faults/Subluxations 124 Progressive Limitation 125 Functional Immobility 125 Limitations of Joint Mobilization/ Manipulation Techniques 125 Contraindications and Precautions 125 Hypermobility 125 Joint Effusion 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126  Progressive Limitation 125 Tibiofemoral Articulations 147 Patellofemoral Joint 149 Leg and Ankle Joints 150 Talocrural Joint (Upper Ankle Joint) 151 Subtalar Joint (Talocalcaneal), Posterior Compartment 152 Internatarsal and Tarsometatarsal Joints 153 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Learning Activities 155	Reversible Joint Hypomobility	124		145
Progressive Limitation 125 Functional Immobility 125 Limitations of Joint Mobilization/ Manipulation Techniques 125 Contraindications and Precautions Hypermobility 125 Joint Effusion 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126  Progressive Limitation 125 Tibiofemoral Articulations 147 Leg and Ankle Joint 149 Leg and Ankle Joints 150 Tibiofibular Joints 150 Talocrural Joint (Upper Ankle Joint) 151 Subtalar Joint (Talocalcaneal), Posterior Compartment 152 Internatarsal and Tarsometatarsal Joints 153 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Learning Activities 155	Positional Faults/Subluxations	124	-	
Functional Immobility 125 Tibiofemoral Articulations 147 Limitations of Joint Mobilization/ Manipulation Techniques 125  Contraindications and Precautions 125 Hypermobility 125 Joint Effusion 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126  Tibiofemoral Articulations 149 Leg and Ankle Joints 150 Tibiofibular Joints 150 Subtalar Joint (Talocalcaneal), Posterior Compartment 152 Intertarsal and Tarsometatarsal Joints 153 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Learning Activities 155	Progressive Limitation	125	•	
Manipulation Techniques  Contraindications and Precautions  Hypermobility  Joint Effusion  Inflammation  Conditions Requiring Special Precautions  for Stretching  Procedures for Applying Passive  Joint Techniques  125  Leg and Ankle Joints  Tibiofibular Joints  Talocrural Joint (Upper Ankle Joint)  Subtalar Joint (Talocalcaneal), Posterior  Compartment  152  Intertarsal and Tarsometatarsal Joints  Intermetatarsal, Metatarsophalangeal,  and Interphalangeal Joints  154  Independent Learning Activities  155	Functional Immobility	125		147
Contraindications and Precautions  Hypermobility  Joint Effusion  Inflammation  Conditions Requiring Special Precautions for Stretching  Procedures for Applying Passive Joint Techniques  125  Leg and Ankle Joints  Tibiofibular Joints  Talocrural Joint (Upper Ankle Joint)  Subtalar Joint (Talocalcaneal), Posterior Compartment  152  Intertarsal and Tarsometatarsal Joints  Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints  154  Independent Learning Activities  155			Patellofemoral Joint	149
Hypermobility 125 Joint Effusion 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126  Hypermobility 125 Initiofibular Joints 150 Talocrural Joint (Upper Ankle Joint) 151 Subtalar Joint (Talocalcaneal), Posterior Compartment 152 Intertarsal and Tarsometatarsal Joints 153 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Learning Activities 155			Leg and Ankle Joints	150
Hypermobility 125 Joint Effusion 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126  Hypermobility 125 Talocrural Joint (Upper Ankle Joint) 151 Subtalar Joint (Talocalcaneal), Posterior Compartment 152 Intertarsal and Tarsometatarsal Joints 153 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Learning Activities 155			_	150
Joint Effusion 125 Inflammation 125 Conditions Requiring Special Precautions for Stretching 125 Procedures for Applying Passive Joint Techniques 126  Joint Techniques 125 Subtalar Joint (Talocalcaneal), Posterior Compartment 152 Intertarsal and Tarsometatarsal Joints 153 Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154 Independent Learning Activities 155				
Inflammation 125 Compartment 152 Conditions Requiring Special Precautions for Stretching 125  Procedures for Applying Passive Joint Techniques 126  Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints 154  Independent Learning Activities 155				
for Stretching 125  Procedures for Applying Passive Joint Techniques 126  Internetational following transformed and internetation of the following transformed and int		125		152
Procedures for Applying Passive Joint Techniques  126  Intermetatarsal, Metatarsophalangeal, and Interphalangeal Joints  154  Independent Learning Activities  155		105	Intertarsal and Tarsometatarsal Joints	153
Joint Techniques 126 Independent Learning Activities 155	9	125		
Independent Learning Activities 155		126	· -	
			Independent Learning Activities	155

### xviii Contents

Chapter 6: <b>Resistance Exercise for</b>		Overtraining and Overwork	195
<b>Impaired Muscle Performance</b>	157	Exercise-Induced Muscle Soreness	196
Muscle Performance and Resistance		Pathological Fracture	197
Exercise: Definitions and Guiding	4=0	Contraindications to Resistance	
Principles	158	Exercise	198
Strength, Power, and Endurance	158	Pain	198
Overload Principle	160	Inflammation	198
SAID Principle	160	Severe Cardiopulmonary Disease	198
Reversibility Principle	160	Manual Resistance Exercise	198
Skeletal Muscle Function and	1/1	Definition and Use	198
Adaptation to Resistance Exercise	161	Guidelines and Special Considerations	199
Factors that Influence Tension Generation in Normal Skeletal Muscle	161	Techniques: General Background	200
Physiological Adaptations to Resistance	101	Upper Extremity	200
Exercise	167	Lower Extremity	204
Determinants of Resistance Exercise	170	Proprioceptive Neuromuscular	
Alignment and Stabilization	170	Facilitation: Principles and	00-
Intensity	171	Techniques	207
Volume	173	Diagonal Patterns	208
Exercise Order	174	Basic Procedures with PNF Patterns	208
Frequency	174	Upper Extremity Diagonal Patterns	209
Duration	174	Lower Extremity Diagonal Patterns	212
Rest Interval (Recovery Period)	174	Specific Techniques with PNF	214
Mode of Exercise	175	Mechanical Resistance Exercise	215
Velocity of Exercise	176	Application in Rehabilitation Programs	216
Periodization and Variation of Training	177	Application in Fitness and Conditioning Programs	216
Integration of Function	177	Special Considerations for Children	210
Types of Resistance Exercise	177	and Older Adults	217
Manual and Mechanical Resistance		Selected Resistance Training	
Exercise	178	Regimens	219
Isometric Exercise (Static Exercise)	179	Progressive Resistance Exercise	219
Dynamic Exercise: Concentric and		Circuit Weight Training	220
Eccentric	180	Isokinetic Regimens	220
Dynamic Exercise: Constant and Variable	400	<b>Equipment for Resistance Training</b>	222
Resistance	183	Free Weights and Simple Weight-Pulley	
Isokinetic Exercise	184	Systems	222
Open-Chain and Closed-Chain Exercise	186	Variable Resistance Units	225
General Principles of Resistance Training	192	Elastic Resistance Devices	225
Examination and Evaluation	192	Equipment for Dynamic Stabilization	001
Preparation for Resistance Exercises	192	Training	228
Implementation of Resistance Exercises	192	Equipment for Closed-Chain Training	229
Precautions for Resistance Exercise	194	Reciprocal Exercise Equipment	230
Valsalva Maneuver	194	Isokinetic Testing and Training Equipment	23′
	194	Independent Learning Activities	232
Substitute Motions	170		

		Contents	xix
Chapter 7: Principles of Aerobic Exercise	241	Outpatient Phase (Phase II)	253
Karen Holtgrefe, PT, DHS, OCS		Outpatient Program (Phase III)	254
Key Terms and Concepts	241	Special Considerations	255
Physical Activity	241	Adaptive Changes	255
Exercise	242	Applications of Aerobic Training	
Physical Fitness	242	for the Deconditioned Individual	
Maximum Oxygen Consumption	242	and the Patient with Chronic Illness	255
Endurance	242	Deconditioning	255
Aerobic Exercise Training (Conditioning)	242	Reversal of Deconditioning	255
Adaptation	242	Adaptations for Participation Restrictions (Disabilities), Activity Restrictions	
Myocardial Oxygen Consumption	242	(Functional Limitations), and	
Deconditioning	243	Deconditioning	256
Energy Systems, Energy Expenditure,		Impairments, Goals, and Plan of Care	256
and Efficiency	243	Age Differences	256
Energy Systems	243	Children	257
Energy Expenditure	244	Young Adults	257
Efficiency	244	Older Adults	258
Physiological Response to Aerobic Exercise	245	Independent Learning Activities	259
Cardiovascular Response to Exercise	245	Chapter 8: Exercises for Impaired Balance	260
Respiratory Response to Exercise	245	Anne D. Kloos, PT, PhD, NCS	
Responses Providing Additional		Deborah L. Givens, PT, PhD, DPT	0/0
Oxygen to Muscle	245	Background and Concepts	260
Testing as a Basis for Exercise	047	Balance: Key Terms and Definitions	260
Programs	246	Balance Control	261
Fitness Testing of Healthy Subjects	246	Sensory Systems and Balance Control	261
Stress Testing for Convalescing Individuals and Individuals at Risk	246	Motor Strategies for Balance Control	263
Multistage Testing	247	Balance Control Under Varying Conditions  Impaired Balance	265 268
Determinants of an Exercise Program	247	Sensory Input Impairments	268
Frequency	247	Sensory Input Impairments  Sensorimotor Integration Impairments	268
Intensity	247	Biomechanical and Motor Output	200
Exercise Program	250	Impairments	269
Warm-Up Period	250	Deficits with Aging	269
Aerobic Exercise Period	250	Deficits from Medications	270
Cool-Down Period	251	Management of Impaired Balance	270
Application	251	Examination and Evaluation of	
Physiological Changes that Occur		Impaired Balance	270
With Training	251	Balance Training	272
Cardiovascular Changes	251	Health and Environmental Factors	276
Respiratory Changes	252	Evidence-Based Balance Exercise	
Metabolic Changes	252	Programs for Fall Prevention in	077
Other System Changes	253	the Elderly	277
Application of Principles of an Aerobic		Evidence-Based Balance Exercise  Programs for Specific Musculoskeletal	
Conditioning Program for the Patient	050	Conditions	282
with Coronary Disease	253	Independent Learning Activities	284
Inpatient Phase (Phase I)	253		