



Massage Therapist Association of Alberta  
Standards of Practice

**Standard 39**

**Category:**     **Technique**

**Ratified:**       **September 13, 2008**

**Amended:**

**Rescinded:**

***Apply Low-Grade Joint Mobilization***  
(Sustained Grade I or II or Grade I or II Oscillations)

**Conditions:**

Given that the client's treatment plan indicates a need to maintain joint ROM and/or decrease joint pain.

**Task:**

Apply low-grade joint mobilization.

**Standard:**

***Quality / Technical:***

- So that the joint is in a loose-pack position.
- So that the joint is taken up to the elastic barrier but not beyond, within the client's pain tolerance.

***Safety:***

- So that you assess the joint for pain prior to treatment by using a gentle, controlled traction.
- So that you treat the client within their agreed upon pain tolerance.
- So that you perform a gentle traction where possible before doing any gliding movements.
- So that low-grade joint mobilization is not used or is modified if a contraindication to this technique exists.