



Massage Therapist Association of Alberta

Standards of Practice

Standard 40

Category: **Technique**

Ratified: **September 13, 2008**

Amended:

Rescinded:

Apply High-Grade Joint Mobilization

(Sustained Grade II and or Oscillations III and IV Joint Mobilization)

Conditions:

Given that the client's treatment plan indicates a need to increase inert tissue elongation through joint mobilization.

Task:

Apply high-grade joint mobilization.

Standard:

Quality / Technical:

- So that the tissues around the joint is warmed and stretched prior to joint mobilization.
- So that the directions of mobilization are correct for that specific capsular pattern.
- So that the joint is in a loose-pack position.
- So that the joint is taken to the end of its physiological range of motion, and then slightly beyond the physiological range of motion, within the client's comfort level.
- So that the accessory movement and physiological movements may be improved.
- So that high velocity low amplitude thrust techniques are not used to the spine.

Safety:

- So that you assess the joint for pain prior to treatment by using a gentle, controlled traction.
- So that you treat within the client's agreed upon pain tolerance.
- So that you take special precaution, based on your assessment, with any client who is prone to joint subluxation/dislocation, or joint disease, inflammation or effusion or compromised integrity of the adjoining soft tissue.
- So that high-grade joint mobilization is not used or is modified if a contraindication to this technique exists.