

Fact Sheet

Joint Mobilisation & Manipulation

What is Joint Mobilisation and Manipulation?

The practice of joint mobilisation in the foot and ankle is a specifically designed form of manual therapy involving the passive movement of a joint in an effort to regain its mobility and achieve a therapeutic effect. Joint manipulation is similar to joint mobilisations however a quick, thrusting movement is involved.

Podiatrists at Highett Podiatry are trained to gently mobilise joints to allow them to function more appropriately, and re-establish good muscle function. We use a combination of local joint mobilisation and manipulation therapies combined with other treatment modalities to form an overall treatment which ultimately leads to effective pain relief and better performance.

During **joint mobilisation**, the stiff or poorly positioned joints of the foot and ankle are gently taken through their normal range of motions to aid the body in creating physiological changes to postural alignment. This therapy is often used to treat a wide range of complaints including foot/leg pain, muscle cramps and ankle instability.

Joint manipulation is similar to mobilisation however it is a very specific single movement that is done at a higher velocity. This rapidly moves the joint beyond its normal operating range of motion but below its anatomical maximum range of motion. It is typically accompanied by a 'crack' or 'pop'.

Joint manipulation can help restore normal joint function by releasing pinched joint capsules and breaking down adhesions around the joint.

Podiatrists at Highett Podiatry have spent many years training in and refining foot joint mobilisation and manipulation techniques.



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