

joint mobilization GRADES

grade 1

small amplitude of movement performed at the **beginning of the range**



grade 2

large amplitude of movement performed **within the range** but not reaching the limit



grade 3

large amplitude rhythmic oscillations are performed up to the **limit of the available motion** and are stressed into tissue resistance



grade 4

small amplitude rhythmic oscillations are performed at the **limit of the available motion** and stressed into the tissue resistance



grade 5

small amplitude, high velocity thrust technique performed to **snap adhesions at limit of the range**



psychological / neurophysiological effects

↳ use when motion is painful

mechanical effects

↳ use when motion is limited without pain

