

Date:

No.



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VIVA PAPER:

Manual Therapy

Submitted to: →

Dr. Maria Feroze

Date.

No.

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Q1:

Kaltenborn convex concave rule  
at proximal radio-ulnar joint

Ans: Basic application of correct

mobilization technique need to

understand the relationship of

articulating surface associated with

gliding.

\* one joint surface is mobile and

the other one is stable.

\* Concave-convex Rule:

Concave joint surface slide in the

same direction as bone movement

(convex is stable)

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If concave joint is moving  
on stationary convex surface -  
Glide occur in same  
direction as Rolling motion  
at the proximal  
Radio-ulnar joint -

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Q2: The glide needed to improve shoulder abduction?

Answer:

Maitland Grade III and Grade IV techniques has proved to be effective in the treatment of idiopathic shoulder adhesive capsulitis or frozen shoulders because studies has confirmed their efficacy in relieving and improving Range of Motion -