

Name - Shahab ali

ID = 13861

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Ans No 1

The Kaltenborn Convex-Concave Rule:-

When a convex joint surface is moving the roll and glide occur in the opposite direction
 ⇒ the therapist moves a convex joint surface opposite to the direction the capsule in the same direction as the glide.

At the proximal radio-ulnar joint:-

⇒ applying the rules of concavity and convexity to the humero-ulnar joint
In an open chain:-

Concave ulnar surface roll and glides in same direction on convex humeral surface

In a closed chain:-

the convex humeral surface rolls and glides in opposite direction on the concave ulnar surface.

During open chain elbow extension:-

⇒ ulna rolls and glides posteriorly on humerus while radius moves distally ulna and radius pronate with respect to each other.

During open chain elbow flexion:-

⇒ ulna rolls and glides anteriorly on humerus while radius move proximally ulna and radius supinate with respect to each other.

②

Ans No ②

Glenohumeral inferior Glide: Blc:
⇒ It increases the shoulder abduction and also flexion

Patient Position:-

⇒ Patient is supine with the arm in 30 degrees to 45 degrees abduction
⇒ stabilizing hand support scapula in axilla

Mobilization procedure:-

⇒ Inferior force applied by mobilizing hand
⇒ While stabilizing hand holds scapula steady