**Assignment for Viva (Spring 2020) (DPT 6th Semester)**

**Course Title: Manual Therapy Instructor: Dr. Maria Feroze**

**Note:**

* **Upload your assignment on SIC till 10th July 11:59 p.m.**
* **Copying the content from net or book is not allowed.**
* **Write the assignment in MS word/pdf.**

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Q1. Explain Kaltenborn convex concave rule at the proximal radio-ulnar joint.

Ans) **KALTENBORN CONVEX-CONCAVE RULE:**

The technique of Kaltenborn is used for the reduction of pain and to mobilize the least mobile joints.

**TREATMENT PLANE OF KELTONBORN:**

It lies at the right angle to the line running from the axis of the rotation of the convex bony part.

The treatment plane remains at the concave surface of the bone of a joint regardless of the fact the moving part is concave or convex.

Joint play or mobilization is done at 90 degrees or parallel to this plane.

**Convex\_ Concave Rule :-**

For instance articulation having concave distal head and the concave head of radial notch. If the moving joint surface is the convex then the sliding will be opposite in direction to the anguler movement of the bone .lf the joint surface is concave sliding will be in the same direction as the anguler movement of the bone .The opposite capsule is provoked as the glide.

Q2. A patient comes to your Physical Therapy clinic with shoulder pathology. O/E, the patient has limited range of motion at the shoulder. What glide will you give him in order to improve his shoulder abduction and why?

Ans) **MULLIGAN TECHNIQUE:-**

This technique was given by a New Zealand's physical therapist named as Brian Mulligan. The concept was to give mobilizations with movement for the musculoskeletal injuries, pain in neck , in back and upoer lower extremity injuries.

Mulligan techniques are given to reduce pain and for the improvement of range of motion. This technique includes NAGs and SNAGs.

**TREATMENT FOR THE PATIENT:-**

The patient having limited Range of motion at shoulder joint will be treated with the Mulligan technique.

**EXPLANATION:**

Mobilization is applied at the joint parallely or perpendicular to the plane of joint and also and also glides are given to be free of pain. The goal of this technique is to align the joints back to normal and to resolve positional faults by applying glides to the joints in pain.

This results in the relief of the symptoms aggrevating the pain after several repititions of the technique. The effects of the Movement with mobilization helps in the resolving the shoulder dysfunction of the patient by elevating the range of motion of the shoulder and decreasing the positional faults.