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Assignment : Manual Therapy

Q1 Explain Kaltenborn Concave rule
Convex rule at the proximal
radio-ulnar joint.

At the proximal radio ulnar
joint kaltern bone convex
Concave rule.

The roll and glide occur
in the opposite direction
When a concave joint
surface is moving
in a kaltern bone
Concave rule.

The roll and glide
occur in the same
direction when a concave
joint is moving.

The proximal joint includes radius convex head rotating with the stable concave ulna. So there will be opposite direction in proximal radioulnar joint.

Q 2 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?

Maitland Grade 3 and 4

Grade 3 :- At the end of the range High amplitude movement (into restriction)

Grade 4 \Rightarrow When the
issue resistance (not pain)
is limiting at the
end of the range
low amplitude movement.