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

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

**SUBMITED BY: Syed Ihtisham**

**Student ID: 13742**

**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.**

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

ANS: **THE KALTENBORN CONVEX-CONCAVE RULE:**

When convex surface of a joint is moving, the roll occurs in the opposite direction to the glide. The therapist moves a convex joint surface in opposite direction to the restricted movement to provoke the capsule in the same direction as the glide. When a concave surface of a joint is moving the roll occur in the same direction to the glide. The therapist moves a concave joint surface in the same direction as the direction of the restricted movement. The opposite capsule is provoked.

In an open chain, concave surface of ulna rolls and glides in same direction on convex surface of humerus. In a closed chain, the convex surface of Humerus rolls and glides in opposite directions on the concave surface of ulna. Ulna rolls and glides posteriorly on humerus. While radius moves distally, ulna and radius spread apart, ulna and radius pronate with respect to each other.

During open chain elbow Flexion: Ulna rolls and glides anteriorly on humerus, while radius moves proximally. Ulna and radius move closer tpgether, ulna and radius move closer together, ulna and radius supinate with respect to each other.

**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: To improve his shoulder abduction we will give him **INFERIOR GLIDE “ to increase shoulder abduction and flexion”**

**Position:** Patient is supine with the arm in 30 degrees to 45 degrees abduction, stabilizing hand supports scapula in axilla while mobilizing hand grasps distal humerus.

**Mobilization**: Inferior force applied by mobilizing hand while stabilizing hand holds scapula steady.

**Thank**

**you**