



DISPLAY 7-4

Wrist and Hand Mobilization

Interphalangeal or metacarpal palmar and dorsal glide

Purpose: palmar glide to increase flexion, dorsal glide to increase extension

Position: patient's palm faces down with joint in resting position; stabilizing hand holds proximal bony segment while mobilizing hand grasps distal bony segment

Mobilization: with mobilizing hand, move distal segment toward the palm to increase flexion or toward dorsum to increase extension while applying gentle traction

Thumb metacarpal-carpal radial and ulnar glides

Purpose: ulnar glide to increase flexion; radial glide to increase extension

Position: patient's hand is positioned with the ulnar side down, joint in a resting position; stabilizing hand grasps distal forearm with grip around trapezium while mobilizing hand grasps first metacarpal

Mobilization: with mobilizing hand, glide metacarpal toward radius to increase extension, or toward ulna to increase flexion while applying gentle traction

Thumb metacarpal-carpal dorsal and palmar glides

Purpose: palmar glide to increase adduction; dorsal glide to increase abduction

Position: patient's hand is positioned with the palm down, joint in a resting position; stabilizing hand grasps distal forearm with grip around trapezium while mobilizing hand grasps first metacarpal

Mobilization: with mobilizing hand, glide metacarpal toward palm to increase adduction, or toward dorsum to increase abduction while applying gentle traction

Wrist palmar and dorsal glides

Purpose: palmar glide to increase extension, dorsal glide to increase flexion

Position: patient's forearm rests on table or wedge with the carpal joint at the edge; forearm is pronated for palmar glide and supinated for dorsal glide; stabilizing hand steadies the distal forearm against the table or wedge; mobilizing hand grasps the distal wrist

Mobilization: apply a downward force with mobilizing hand while applying gentle traction