DISPLAY 7-8

Spine Mobilization

Cervical and Thoracic Spine Posterior to Anterior Glide
Purpose: increase segmental mobility and pain relief
Position: patient is prone with towel under forehead or on mobilization table; therapist’s thumbs placed one on top of the other, directly over the spinous process to be treated; spread hands over the adjacent neck or back area, keeping shoulders directly above treatment area
Mobilization: apply a direct posterior to anterior force to the spinous process; this technique can also be performed with thumbs on the transverse processes unilaterally or bilaterally

Cervical and Thoracic Spine Lateral Glide
Purpose: increase general mobility and unilateral pain relief
Position: patient is prone; therapist’s thumbs placed one on top of the other, directly over the lateral side (right or left) of the spinous process to be treated; spread hands over the adjacent neck or back area
Mobilization: apply gentle pressure to lateral border of spinous process

Lumbar Spine Posterior to Anterior Glide
Purpose: increase segmental mobility and pain relief
Position: patient is prone; therapist’s ulnar border of the hand over the spinous process to be treated; the other hand reinforces the mobilizing hand by resting on top of it and grasping the radial border of the wrist with the fingers; keep your shoulders directly over your hands; this technique can be modified to provide unilateral pressure to the transverse process using your thumbs adjacent to one another
Mobilization: a gentle rocking motion provides an anteriorly directed force over the spinous process

Lumbar Lateral Glide
Purpose: increase segmental mobility and pain relief
Position: patient is prone with the therapist’s thumbs (one on top of the other) on the lateral side of the spinous process to be mobilized
Mobilization: apply a horizontal pressure to the lateral border of the spinous process