



Shoulder Joint Mobilization

Glenohumeral Anterior Glide

Purpose: to increase shoulder external rotation and extension

Position: patient is prone with shoulder at edge of table and abducted to 90 degrees, elbow flexed to 90 degrees; mobilizing hand on posterior humeral head while stabilizing hand holds mid-humerus

Mobilization: anterior force applied by mobilizing hand to humeral head while stabilizing hand applies gentle traction

Glenohumeral Posterior Glide

Purpose: to increase shoulder flexion and internal rotation

Position: patient is supine with the shoulder at the edge of the table, scapula stabilized by the table or towel roll; abducted to 45 degrees and elbow slightly flexed; mobilizing hand on anterior humeral head and stabilizing hand supporting elbow

Mobilization: posterior force applied by mobilizing hand to humeral head while stabilizing hand applies gentle traction

Glenohumeral Inferior Glide

Purpose: 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

Acromioclavicular Joint Anterior Glide

Purpose: to increase joint mobility

Position: patient is positioned sitting; stabilize the scapula with thumb along the scapular spine and fingers along acromion; mobilizing hand placed on posterior clavicle near joint line

Mobilization: mobilizing hand imposes an anterior force on the clavicle

Sternoclavicular Joint Superior/Inferior and Anterior/Posterior Glides

Purpose: superior glide increases depression, whereas inferior glide increases elevation; anterior glide increases protraction, whereas posterior glide increases retraction

Position: patient is supine with the stabilizing hand on the sternum and the mobilizing thumb or thumb and index finger on the proximal clavicle

Mobilization: superior glide: the index finger applies a superior force to clavicle

inferior glide: thumb applies an inferior force to clavicle

anterior glide: thumb and index finger lift the clavicle

posterior glide: thumb applies a posterior force to clavicle

Scapular Mobilization

Purpose: to increase mobility at the scapulothoracic articulation

Position: patient is in prone; superior hand is along scapular spine while inferior hand grasps inferior angle of the scapula

Mobilization: mobilize the scapula in elevation, depression, adduction, abduction, or rotation by pushing the appropriate direction