Chapter 7: Impaired Joint Mobility and Range of Motion

**DISPLAY 7-3**

**Elbow Joint Mobilization**

**Elbow Humeroulnar Distraction**
- **Purpose:** to increase elbow joint mobility in flexion or extension
- **Position:** patient is supine with the elbow flexed to approximately 70 degrees, wrist resting on the therapist's shoulder; both hands grasp proximal ulna
- **Mobilization:** a distal force applied against the proximal ulna

**Elbow Humeroradial Anterior or Posterior Glide**
- **Purpose:** anterior glide to increase flexion, posterior glide to increase extension
- **Position:** supine with the elbow extended and supinated as far as possible; stabilizing hand grasping the medial distal humerus; proximal palm of stabilizing hand on anterior radial head with fingers on the posterior aspect
- **Mobilization:** a posterior glide force provided by the palmar aspect of the hand, or an anterior force provided by the fingers

**Elbow Radioulnar Anterior and Posterior Glide**
- **Purpose:** anterior glide to increase supination, posterior glide to increase pronation
- **Position:** patient sitting or supine with the elbow in extension and supination for posterior glide or extension and pronation for anterior glide; stabilizing hand grasps proximal ulna with thenar eminence on anterior aspect and fingers on posterior aspect; mobilizing hand is in same position over the proximal radius
- **Mobilization:** posterior force on radial head for posterior glide; anterior force on radial head for anterior glide, both while stabilizing hand holds ulna steady