

# Manipulation Mobilisation

**Mobilisations** are a commonly used, hands on technique that aim to address joint stiffness and pain. They are usually performed as oscillatory movements of a joint, in contrast to a manipulation which is performed as a single high velocity thrust. Although primarily used in the treatment of joint conditions, mobilisations can also be extremely effective when dealing with nerve or muscular injuries.

**Manipulation** is the application of a high velocity thrust to a specific joint, usually in the spine, and is often characterised by an audible click or cracking sound.

A thorough physical examination by your physiotherapist will determine which is the most appropriate technique for your particular presentation.

A manipulative procedure will only be performed following a thorough medical history and physical examination, and where the clinical presentation indicates such an intervention.