

DAVID GREER PT DPT OCS

LOWER EXTREMITY MOBILIZATION

SPEAKER BIO

- Orthopedic and Sports Physical Therapist since 2011
- Board Certified Orthopedic Specialist since 2014
- Husband and Father of 3 Beautiful Hoodlums



COURSE OBJECTIVES

Participants will be able to:

Identify patients who are appropriate for manual therapy

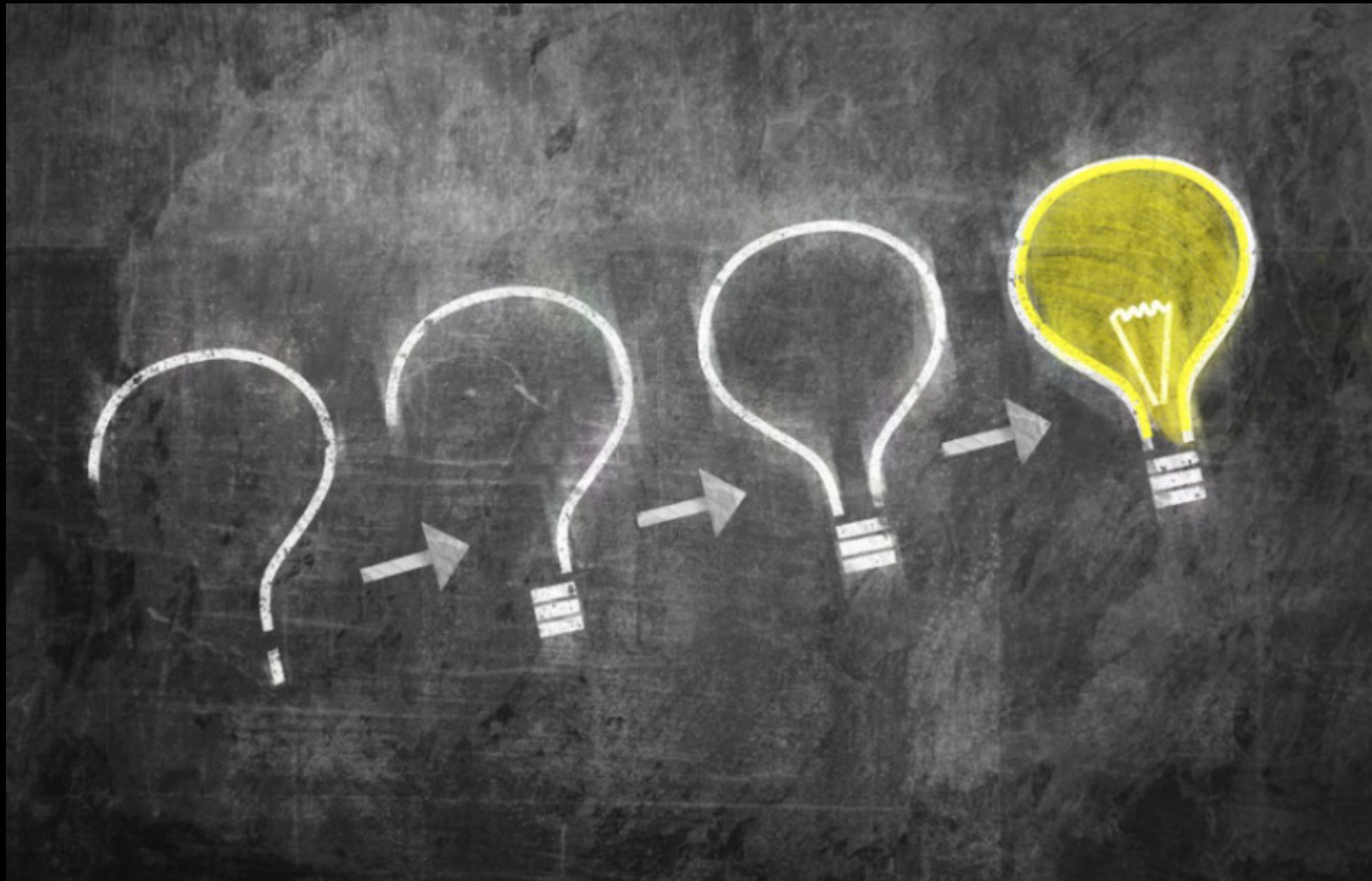
Gain an understanding of appropriate force with manual techniques

Apply various manual therapy techniques appropriately and safely to the spine and LE

SCREENING

- Screen for Appropriate Red and Yellow Flags
- Consider:
 - Previous Nature of Any Trauma
 - Patient Anxiety/Acceptance of Manual Treatment
 - Existing Hardware (ORIF, TKA, THA, Fusion)
 - Age and Status of Joint and Bone Structure

MOB IT OR MOVE IT?



MOB IT

- Minimal Joint Restriction—> Mob it
- Potential harm outweighs benefit—> Mob it
- Inability to safely perform a thrust—> Mob it

MOVE IT

- “Feels Great” but short term relief—> Move it
- No contradiction to mobilization and most superior technique—> Move it
- Other techniques fail or are too painful—> Move it

PRINCIPALS OF MOBILIZATION

- Levers:
 - Primary: Thrust direction (i.e. rotation, sideflexion)
 - Secondary: Any movement/method that reduces the primary
 - Tertiary: Any additional in minimal lever techniques

THRUST TECHNIQUE

- Combined Lever Thrust
- Combined Lever + Movement
- Minimal Leverage—retesting thrust direction

CERVICAL MLEV EXAMPLE

- Primary:
 - Rotate
- Secondary:
 - Sideflex/bend
- Tertiary:
 - Translate, Extend



LUMBAR MLEV EXAMPLE

- Primary:
 - Rotation
- Secondary:
 - SF/Flexion
- Tertiary:
 - Breathing



POSITION HIP, ROT TRUNK, ROLL PELVIS 45 DEG, LUMBAR SL PA

LUMBAR HVT



BELT, PATIENT TABLE SKIN/FOOT CONTACT, STANCE, MULTIHVT

SUPINE



PATIENT LYING DIAGONAL, PATIENT SKIN CONTACT

PRONE



DISTAL 1/3 THIGH, CLASP HANDS, THIGH GRIP

THIGH CONTACT



COMPRESS FEMUR WITH THIGH/HAND, CALC GRASP, KNEE FLEX, CIRCUMDUCT

GENERAL KNEE MOBILIZATION



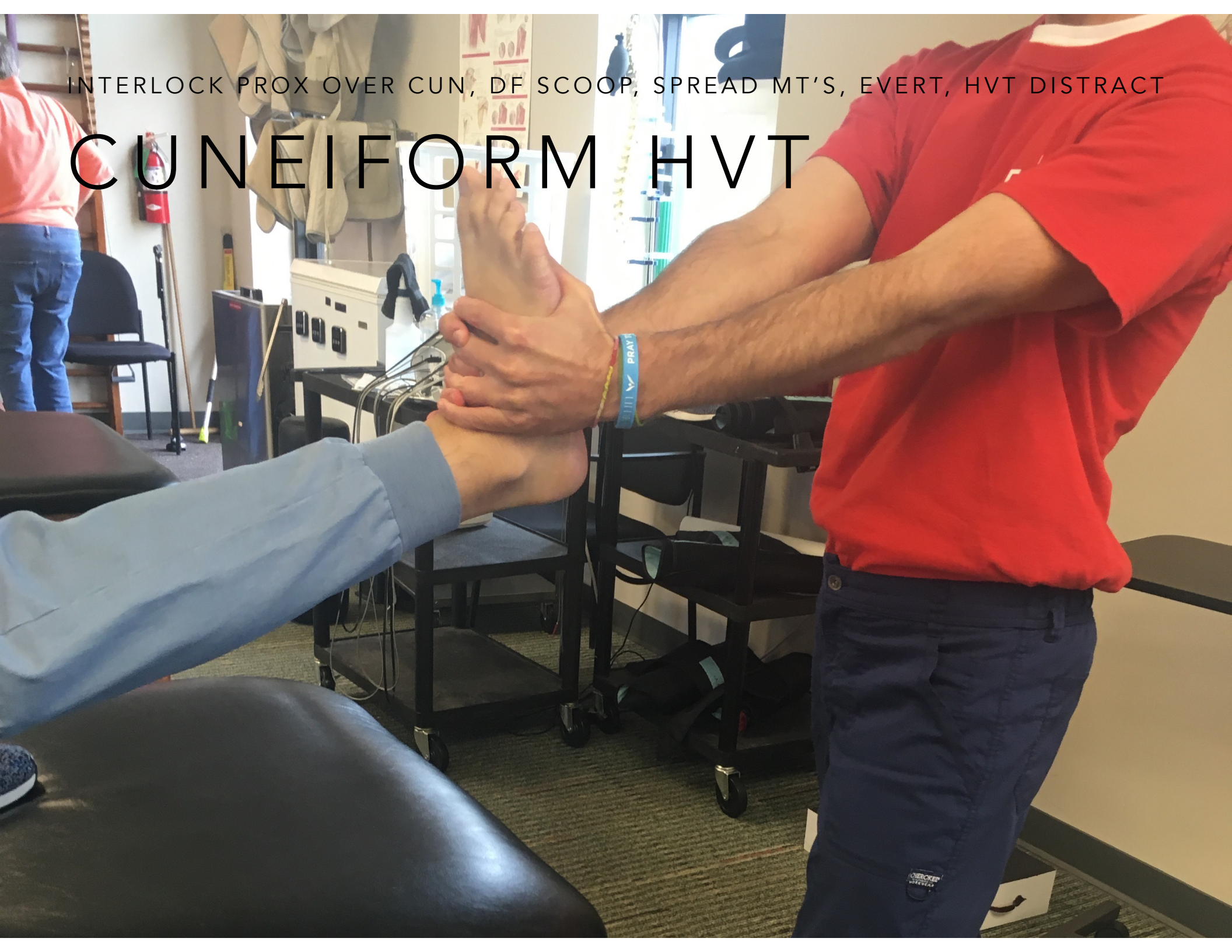
INTERLOCK PROX GRIP, DF SCOOP, EVERT, HVT DISTRACT

TC JT HVT



INTERLOCK PROX OVER CUN, DF SCOOP, SPREAD MT'S, EVERT, HVT DISTRACT

CUNEIFORM HVT



PICTURE REFERENCE

- Slide 5: <https://www.hootmarketing.co.uk/>