

JOINT MANIPULATION:

Joint manipulation is a type of passive movement of a skeletal joint. It is usually aimed at restoring the full joint mobility by a single forceful movement that is quick and with a short-amplitude that is beyond the patient's voluntary control. Joint manipulation is characteristically associated with the production of an audible clicking or popping sound. This sound is believed to be the result of a phenomenon known as cavitation occurring within the synovial fluid of the joint. When a manipulation is performed, the applied force separates the articular surfaces of a fully encapsulated synovial joint. This deforms the joint capsule and intra-articular tissues, which in turn creates a reduction in pressure within the joint cavity. Manipulation helps to restore joint range of motion, reduce muscle tension, improve neurological functioning, and reduce pain.