

## NEURAL MOBILIZATION:

Neural mobilization is a treatment technique aimed at maximizing health of the nervous system. The nerves and associated connective tissues are meant to be mobile and depend on adequate blood supply for health. At times, dysfunction occurs causing limitation of this mobility, impairing circulation and resulting in movement-related pain symptoms, often in locations remote from the site of dysfunction. After careful assessment done to localize the body region with the limited mobility, exercises called tensioners and sliders are used to carefully restore lost motion and maximize fluid exchange in the nerves, assisting in the reduction in pain.