

SHSS5062

WRIST AND HAND MOBILISATIONS

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Transforming Education; Transforming Lives



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Assess Passive Physiological Movement

Distal Radioulnar Joint

- Supination/Pronation

Radiocarpal Joint

- Flexion/Extension
- Radial deviation/Ulnar deviation

MCP Joint

- Flexion/Extension
- Abduction/Adduction

PIP/DIP Joint

- Flexion/Extension

1st MCP (thumb)

- Flexion/Extension
- Adduction/Abduction
- Opposition

Assess Passive Accessory Movement

Distal Radioulnar Joint

- A/P
 - Arm out flat, palm up.
 - Clinician Fix ulna
 - Clinician grasp around wrist, pad of thumb on anterior radius
 - Force is applied with pad of thumb posteriorly.

Assess Passive Accessory Movement

Distal Radioulnar Joint

- P/A
 - Arm bent, dorsum facing clinician
 - Clinician fixes ulna
 - One thumb ulna, one thumb radius
 - Clinician applies force anteriorly (away from them) on radius.

Assess Passive Accessory Movement

Radiocarpal Joint

- Grasp around patient's wrist with two hands
- Fix radius/ulna with bottom hand
- A/P Proximal carpals
 - Top hand produces posterior force
- P/A Proximal carpals
 - Top hand produces anterior force

Assess Passive Accessory Movement

Radiocarpal Joint

- Grasp around patient's wrist with two hands
 - Fix radius/ulna with bottom hand
 - Blade of top hand must be on opposite side of glide – you'll need to swap hands for each glide.
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- Transverse Medial
 - Blade of top hand produces medial (toward ulna) glide to proximal carpals
 - Transverse Lateral
 - Blade of top hand produces lateral (toward radius) glide to proximal carpals

Carpal Articulations – Right hand example

Movements around Capitate (Stand facing patient with their fingertips pointing towards you)

A. Fixate capitate with L hand and move with R hand:

- Trapezoid
- Scaphoid
- Lunate

B. Fixate Capitate with R hand and move with L hand:

- Hamate

Movements on Radial Side (stand outside patients forearm)

C. Fixate Scaphoid and move:

- The 2 Trapezii (Trapezium, Trapezoid)

Carpal Articulations – Right hand example

Movements in the Radial Carpal Joints

D. Fixate Radius and move:

- Scaphoid
- Lunate

E. Fixate Ulna and move:

- Triquetrum

Movements on the Ulnar side (stand inside patients forearm)

F. Fixate Triquetrum and move:

- Hamate
- Pisiform (with patients hand in flexion)

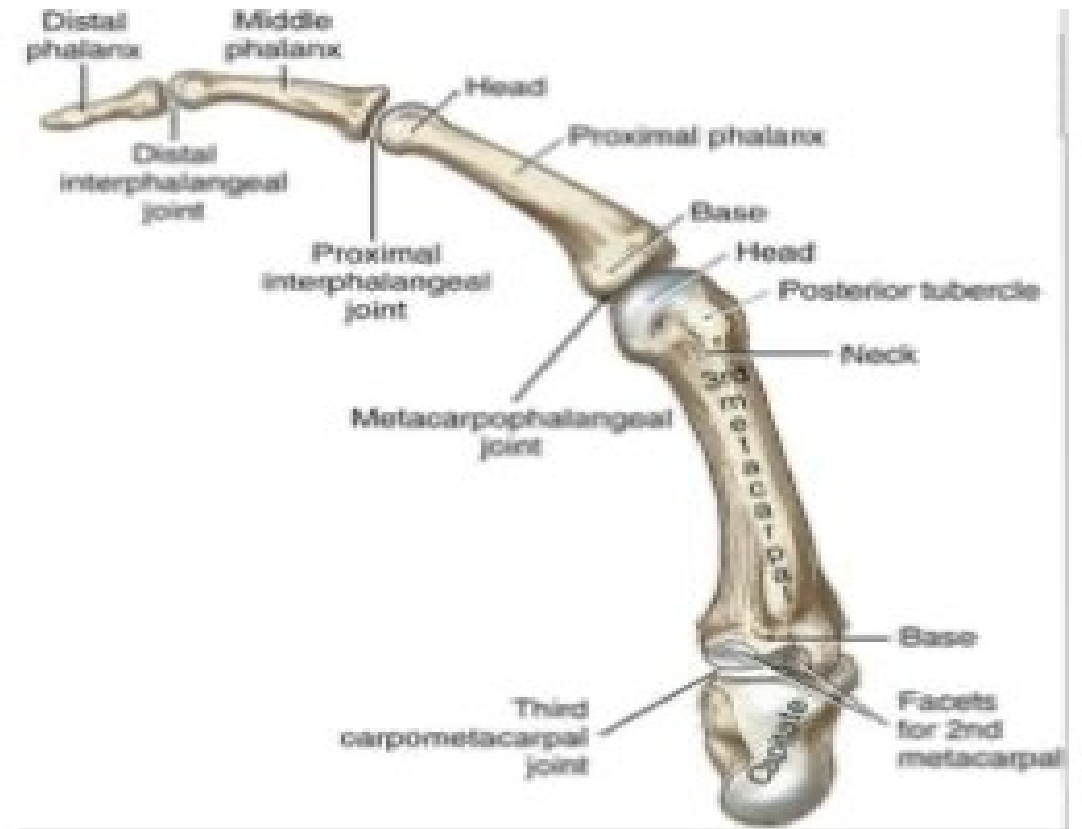
Carpal Articulations

Movement between triquetrum/lunate, lunate/scaphoid and trapezoid/trapezium is very restricted

Digit Mobilisations

RULE

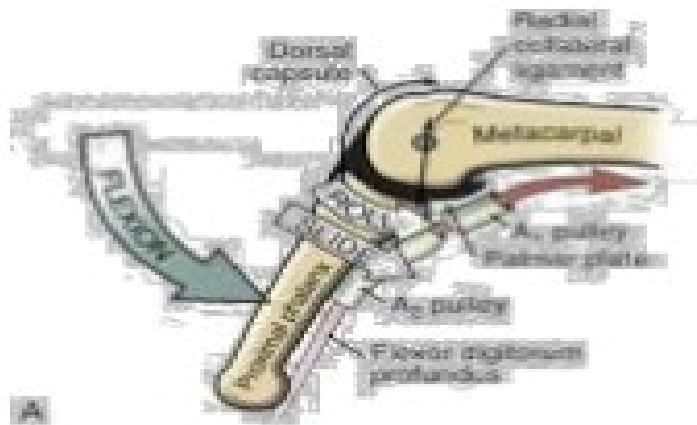
- fix proximal bone
- mobilise distal bone



Digit Mobilisations

MCP

- A/P
- P/A
- Trans. Med.
- Trans. Lat.



PIP/DIP

- A/P
- P/A

