

SHSS5062

ELBOW MOBS

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Transforming Education; Transforming Lives



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Assess Passive Physiological Movement

- **Humeroulnar Joint**
 - Flexion
 - Extension
- **Superior Radioulnar Joint**
 - Pronation
 - Supination

Assess Passive Accessory Movement

Humeroulna Joint

- Longitudinal Caudad
 - Patient Supine
 - Shoulder 0°, elbow 90°
 - Take slack from shoulder to prevent false range assessment.
 - Clinician applies caudal force close to joint-line.

Assess Passive Accessory Movement

Superior Radioulna Joint

- A/P on radial head
 - Supine
 - Shoulder 0, elbow 0
 - Grasp head of radius, pad of thumb is contact point
 - Clinician applies force with body through a straight arm.

Assess Passive Accessory Movement

Superior Radioulna Joint

- P/A on radial head
 - Patient supine
 - Arm across body, hand pronated – use pillow to prevent shoulder movement.
 - 2 thumb pads as contact point on posterior radial head.
 - Force is applied posteriorly.

Assess Passive Accessory Movement

Superior Radioulna Joint

- Longitudinal Caudad
 - Patient supine or seated with forearm supported.
 - Supinated
 - Clinician holds distal radius and ulna in each hand
 - Ulna is fixed
 - Radius is pulled toward clinician.

Assess Passive Accessory Movement

Superior Radioulna Joint

- Longitudinal Cephalad
 - Patient supine or seated with forearm supported.
 - Elbow flexed, wrist extended
 - Clinician supports under elbow
 - Clinician's thenar eminence is point of contact on patient's thenar eminence
 - Apply cephalad force along forearm toward elbow

Passive Physiological Mobilisation

Humeroulnar Joint

- Flexion GI-IV
 - Support above and behind elbow
 - Normally performed mid-prone
 - Resistance onset quite late.
- Extension GI-IV
 - Take caution on 'normal' elbow
 - EOR = bone on bone (normally) – don't enter EOR when bony end feel
 - Start point 90° flexion

Passive Physiological Mobilisation

Superior Radioulnar Joint

- Pronation GI-IV
 - Supine
 - Elbow 90
 - Start position is full supination.
 - Clinician handles radius and ulna at wrist.
- Supination GI-IV
 - Start position is full pronation

Passive Accessory Mobilisation

Handling as per assessment of accessory movement

Humeraloulnar Joint

- Longitudinal caudad GI-IV
 - Aids physiological flexion/extension via distraction

Superior Radioulnar Joint

- A/P on Radial Head GI-IV
 - Aid pronation/assist extension
- P/A on Radial Head GI-IV
 - Aid supination/assist flexion
- Longitudinal Caudad GI-IV
 - Pronation/supination
- Longitudinal Cephalad GI-IV
 - Pronation/supination