



Glossary

Goniometer:- An instrument used to measure the range of movement of an joint.

ROM:- The range of movement of a joint.

Osteokinematics:- the movement of a joint which are visible to a naked eye Eg. Lifting of arm and swinging of arm.

Arthrokinematics:- the movement which occur inside the joints while movement, which are not visible to naked eye. E.g. rolling, sliding, spinning inside a joint while attempt to move a part.

Subluxation:- Partial dislocation of a joint

Contracture:- A condition of shortening and hardening of muscle, tendon or other tissue, often leading to deformity and rigidity of joint.

Muscle atrophy:- It is defined as a decrease in the mass of muscle. It can be partial or complete wasting of muscle.

Hyper mobile joint:- A joint that can moved beyond a normal range of motion. The joint can be dislocated or may sprain.

Hypo mobile joint:- A decrease in the range of movement of which a body part and especially a joint is capable.

Treatment soreness:- A temporary sense of physical pain and discomfort after the session of muscle workout or treatment.