



## Summary

Skeletal movement occurs at the joint, the type and range of movement possible depending on the precise anatomical structure of the joint and the position of the muscle controlling it. Injury or disease may affect each or all the structural components of a joint and leads to a reduction in the normal range of movement. Limitation of range of movement impairs the function of a joint and the muscle that move it. Measure which increases the range of movement must therefore go hand in hand with those which build up sufficient muscle power to stabilize and control that movement. The aim of mobilization may be either to maintain the present range of movement in a joint or to increase it. Relaxation, relaxed passive mobilization including accessory movement, passive manual mobilization technique, assisted, free, assisted-resisted and resisted exercise or general activities all have a part to play in the mobilization of joints in one case or another.