

JOINT CONDITIONS AND MUSCLE PAIN

A thorough assessment is performed around the painful joint/muscle and a diagnosis is made. Specific mobilisations and/or Maitland techniques are chosen which are carefully applied to mobilise the joint until it is pain free. Furthermore, Myofascial release is performed for pain relief. The importance of postural corrections is discussed with patients and the retraining of stabilising muscles is addressed. Electrical modalities are used for pain relief, if applicable.