

SIDEWAYS ELBOW GLIDE

It is important the practitioner is aware of the correct application of Mulligan's mobilisation with movement techniques prior to providing this exercise to their patient. This is because there are specific criteria for the placement of the hands and direction of mobilisation. These include:

- Hand position must be "... just above and just below the joint line to avoid the technique becoming a collateral ligament stress test or to avoid compressing the radial head against the capitulum."⁷⁸
- This mobilisation was traditionally applied at right angles to the plane of the joint;⁷⁹ however, recent evidence indicates the best method is probably patient dependent and a somewhat posterior-lateral force could also work for many patients.⁸¹
- Although the technique is designed to be gentle⁷⁸ there may be a minimal amount of force required to have beneficial hypoalgaesic effects – one pilot study indicating 50 – 66% of what the practitioner is willing to apply.⁸²
- It is imperative that the mobilisation is performed pain-free – do not ask the patient to perform maximum grip strength.⁸¹
- If there is pain changing the angle of pressure or the amount of pressure is required and only when the movement is painless can the patient proceed with the exercise
- Feedback is very important. If the patients symptoms become worse then the glide is in the wrong direction, or mobilisation with movement is not appropriate at that time."⁷⁸
- The amount of movement required for results can be quite minimal and the technique is designed to be gentle.⁷⁸