

# **Exercise therapy, massage and yoga**

Course: BPT 4<sup>th</sup> semester

## **Assignment – 6**

### Long questions

1. Explain contraindication for peripheral joint mobilization?
2. Write condition requiring special precaution for peripheral joint mobilization?
3. Explain indication for joint mobilization?
4. Explain procedure for applying joint mobilization technique?
5. Explain briefly initiation and progression of treatment for joint mobilization?

### Short questions:

1. Write Maitland grading technique explain with suitable diagram?
2. Write klatenborn technique explain with suitable diagram ?
3. What is concave-convex rule explain with diagram ?
4. Explain treatment plane ?