

KEY TO IMAGES AND CORRESPONDING VIDEOS for Manual Therapy of The Extremities

Chapter	Figure #	Type of Manipulation	Restricted Motion
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2	Figure 2-47	Mobilization with movement	Shoulder Horizontal Adduction
2	Figure 2-52	Joint manipulation, non-thrust	Shoulder Internal Rotation
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3	Figure 3-24	Mobilization with movement	Limited Elbow Extension
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3	Figure 3-31	Joint manipulation, thrust	Limited Elbow Supination
3	Figure 3-32	Muscle Energy	Limited Elbow Supination
3	Figure 3-33	Mobilization with movement	Limited Elbow Supination
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3	Figure 3-40	Joint Manipulation, thrust	Limited Elbow Pronation
3	Figure 3-41	Muscle Energy	Limited Elbow Pronation
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4	Figure 4-11A	Joint manipulation, non-thrust 3	Limited Wrist Mobility
4	Figure 4-11B	Joint manipulation, non-thrust 4	Limited Wrist Flexion
4	Figure 4-12	Joint manipulation, thrust	Limited Wrist Flexion
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4	Figure 4-19	Joint manipulation, non-thrust	Limited Wrist Extension
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4	Figure 4-30	Mobilization with movement	Limited Wrist Ulnar Deviation
4	Figure 4-35	Joint manipulation, non-thrust	Limited Wrist Radial Deviation
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4	Figure 4-38	Mobilization with movement	Limited Wrist Radial Deviation
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5	Figure 5-30B	Joint manipulation, thrust 1	Limited Finger (MCP, PIP, PIP) and Thumb Extension (MCP, IP)
5	Figure 5-31A	Muscle Energy	Limited Finger (MCP, PIP, DIP) and Thumb Extension (CMC, MCP, IP)
5	Figure 5-32	Mobilization with movement	Limited Finger (MCP/PIP/DIP) and Thumb (IP) Extension
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5	Figure 5-44	Muscle Energy	Limited Thumb CMC Abduction (Palmar Abduction)

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Chapter	Figure #	Type of Manipulation	Restricted Motion
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5	Figure 5-54	Joint manipulation, non-thrust 1	
5	Figure 5-55	Joint manipulation, non-thrust 2	Limited Thumb CMC Adduction
5	Figure 5-56	Joint manipulation, thrust 1	Limited Finger MCP Adduction
5	Figure 5-57	Joint manipulation, thrust 2	Limited Thumb CMC Adduction
5	Figure 5-58	Muscle Energy	Limited Finger Adduction
5	Figure 5-59	Mobilization with movement, 1	Limited Thumb Adduction
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6	Figure 6-24A	Joint Manipulation thrust 1	Limited Hip Abduction
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6	Figure 6-25	Muscle Energy	Limited Hip Abduction
6	Figure 6-26	Mobilization with movement	Limited Hip Abduction
6	Figure 6-31	Joint Manipulation, non-thrust	Limited Hip Adduction
6	Figure 6-32	Joint Manipulation, thrust	Limited Hip Adduction
6	Figure 6-33	Muscle Energy	Limited Hip Adduction
6	Figure 6-34	Mobilization with movement	Limited Hip Adduction
6	Figure 6-39	Joint Manipulation non-thrust	Limited Hip Internal Rotation
6	Figure 6-40	Joint Manipulation thrust	Limited Hip Internal Rotation
6	Figure 6-41A	Muscle Energy	Limited Hip Internal Rotation
6	Figure 6-42A	Mobilization with movement	Limited Hip Internal Rotation
6	Figure 6-47	Joint Manipulation non-thrust	Limited Hip External Rotation
6	Figure 6-48	Joint Manipulation thrust	Limited Hip External Rotation
6	Figure 6-49A	Muscle Energy	Limited Hip External Rotation
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7	Figure 7-28	Muscle Energy	Limited Knee/Tibial Internal Rotation
7	Figure 7-29	Mobilization with movement	Limited Knee Internal Rotation
7	Figure 7-34	Joint Manipulation, non-thrust	Limited Knee/Tibial External Rotation
7	Figure 7-35	Joint manipulation, thrust	Limited Knee External Rotation
7	Figure 7-36	Muscle Energy	Limited Knee/Tibial External Rotation
7	Figure 7-37	Mobilization with movement	Limited Knee External Rotation
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8	Figure 8-12	Joint manipulation, thrust 2	Limited Ankle Dorsiflexion (Talocrural Joint)
8	Figure 8-13A	Muscle Energy	Limited Ankle Dorsiflexion
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8	Figure 8-19A	Joint manipulation, non-thrust 1	Limited Ankle Plantarflexion (Talocrural)
8	Figure 8-20	Joint manipulation, non-thrust 2	Limited Ankle Plantarflexion (PTFJ Limitation)
8	Figure 8-21	Joint manipulation, thrust	Limited Ankle Plantarflexion (PTFJ Limitation)
8	Figure 8-23	Muscle Energy	Limited Ankle Plantarflexion
8	Figure 8-24	Mobilization with movement	Limited Ankle Plantarflexion (Talocrural Joint)
8	Figure 8-29	Joint manipulation, non-thrust	Limited Ankle Inversion
8	Figure 8-30	Joint manipulation, thrust	Limited Ankle Inversion
8	Figure 8-31	Muscle Energy	Limited Ankle Inversion
8	Figure 8-32	Mobilization with movement	Limited Ankle Inversion
8	Figure 8-37A	Joint manipulation, non-thrust	Limited Ankle Eversion
8	Figure 8-38A	Joint manipulation, thrust	Limited Ankle Eversion
8	Figure 8-38B	Joint manipulation, thrust	Limited Ankle Eversion
8	Figure 8-39A	Muscle Energy	Limited Ankle Eversion
8	Figure 8-40	Mobilization with movement	Limited Ankle Eversion
8	Figure 8-7B	Joint Traction	Limited Ankle Mobility
8	Figure 8-8B	Joint Manipulation, non-thrust 1	Limited Ankle Dorsiflexion (Proximal Tibiofibular Joint)
8	Figure 8-9A	Joint Manipulation, non-thrust 2	Limited Ankle Dorsiflexion (Talocrural Joint)
9	Figure 9-12	Joint manipulation, non-thrust	Midfoot Limited Supination
9	Figure 9-13	Joint manipulation, thrust 1	Midfoot Limited Supination (Cuneiforms, Cuboid)
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9	Figure 9-24	Joint manipulation, thrust	Forefoot Limited Dorsiflexion
9	Figure 9-25	Muscle Energy	Forefoot Limited Dorsiflexion
9	Figure 9-26	Mobilization with Movement	Forefoot Limited Dorsiflexion
9	Figure 9-31	Joint manipulation, non-thrust	Forefoot Limited Dorsiflexion, Sesamoid Dysfunction
9	Figure 9-32	Joint manipulation, thrust	Forefoot Limited Plantarflexion
9	Figure 9-33	Muscle Energy	Forefoot Limited Plantarflexion
9	Figure 9-34	Mobilization with Movement	Forefoot Limited Plantarflexion
9	Figure 9-4A	Joint manipulation, non-thrust	Midfoot Limited Pronation
9	Figure 9-5A	Joint manipulation, thrust	Midfoot Limited Pronation
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9	Figure 9-7A	Mobilization with Movement	Midfoot Limited Pronation