

Learning Objectives

MedBridge

Impaired Extremity Joint Mobility

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Course Objectives:

- Understand the physiology of normal aging on joints of the extremities.
- Understand pathologies that can affect joint mobility of the extremities.
- Understand the appropriate tests and measures to assess the need for joint mobility interventions.
- Determine the appropriateness of manual therapy for your elderly patient.
- Implement evidence-based interventions for your elderly patients with impaired joint mobility.

Chapter 1: Aging of the Musculoskeletal System

This chapter will discuss the physiology of aging as it pertains to joints. It is important to distinguish the normal aging process from pathology.

Chapter 2: Joint Impairment and Pathology

This chapter will cover the various pathologies that can affect joint mobility.

Chapter 3: Examination of Joint Mobility

This chapter will discuss the assessment of joint mobility. Prior to the implementation of interventions, it is important to determine baseline measures of joint mobility as well as appropriateness of interventions.

Chapter 4: Evidence-Based Interventions and Prognosis

This chapter will discuss the current evidence regarding interventions for joint mobility impairment. This will include discussion about specific joint mobilizations that can be used in the elderly population.