

*****Many of these techniques have descriptions and instructional video available on MedBridge (under More>Manual Therapy Techniques).***

| Lower Extremity Manual Therapy Techniques | Competency Check Off |
|---|-----------------------------|
| Soft Tissue Mobilization/Myofascial Release: quads and hamstrings | |
| Soft Tissue Mobilization/Myofascial Release: posterior lower leg (gastroc, soleus, tib post.) | |
| Knee Extension Mobilization Supine | |
| Knee Flexion Mobilization-Supine and Prone options | |
| Patellofemoral Caudal Flexion (MWM) | |
| Patellofemoral Mobilization-Caudal-Cephalad and Medial-Lateral Glide options | |
| Proximal Tibiofibular A-P Mobilization | |
| Proximal Tibiofibular P-A Mobilization | |
| Tibiofemoral P-A | |
| Ankle Dorsiflexion | |
| Ankle Inversion-Eversion | |
| Subtalar Medial-Lateral Glides | |
| Ankle Distraction Manipulation | |
| Ankle Dorsiflexion MWM | |
| Cuboid Manipulation Prone | |
| Cuboid Manipulation Supine | |
| Cuneiform Manipulation | |
| Distal Tibiofibular A-P/P-A | |
| Metatarsal Fan Mobilization | |

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| Subtalar Eversion Manipulation | |
| Subtalar Eversion Whip | |
| Supine Talocrural A-P | |
| Talocrural P-A (Knee Extended) | |
| Tarsometatarsal Mobilization | |