

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

Lower Thoracic, Lumbo-Pelvic and Hip Manual Therapy Techniques	Competency Check Off
Mid-Thoracic Thrust Sitting	
Lumbar Neutral Gap	
Extension Manipulation (Sidelying)	
Flexion Manipulation (Sidelying)	
Lumbar Rotation (High Grade)	
Lumbar Sidebend Mobilization	
Lumbar Sidebend Translation Thrust	
Supine Lumbopelvic Manipulation	
Thoraco-Lumbar Junction Manipulation	
Vertebral P-A (Unilateral/Central)	
General Lumbar Traction in Sidelying and Hooklying (with Belt)	
STM/MFR Lumbar Paraspinals	
STM/MFR Glute Medius/Piriformis	
A-P Mobilization in Hip Adduction	
Hip External Rotation Caudal Glide	
Hip Internal Rotation in Extension	
Hip Internal Rotation Lateral Glide	
Lateral Glide in Hip Flexion	
P-A Hip Mobilization in FABER position	
P-A Mobilization in Hip Extension	

