

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

Upper Extremity Manual Therapy Techniques	Competency Check Off
STM/MFR shoulder complex-UE	
Elbow Flexion with Distraction	
Elbow MWM	
Radial Head A-P Mobilization	
Radial Head Extension Thrust Manipulation	
Radial Head P-A Mobilization	
GH A-P Mobilization	
AC A-P Mobilization	
AC Caudal Mobilization	
GH Caudal Glide in Abduction/Flexion	
Longitudinal Distraction	
P-A GH Mobilization	
Scapular Elevation-Depression	
Scapular Protraction-Retraction	
Carpal-Metacarpal Glides	
Distal Radioulnar Joint P-A and A-P Mobilization	
Distal Radioulnar Joint Pronation	
Distal Radioulnar Joint Supination	
Intercarpal Anterior-Posterior Mobilization	

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Radial Deviation	
Radiocarpal Lateral Transverse Glide	
Radiocarpal Medial Transverse Glide	
Ulnar Deviation	
Wrist Extension Mobilization	
Wrist Flexion Mobilization	