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Nerve Mobilization of the Upper Extremity: A Review of Current Research

By Caroline Joy Co

Paperback. Book Condition: New. Paperback. 70 pages. Course Description Injuries to the peripheral nervous system often result in significant deterioration of the regular activities. Many of the peripheral nerve injuries in the upper extremity are commonly associated with altered shoulder postures and functional imbalance in the arm, forearm, and hand. It is essential to know about the basics of the nervous system, the neuropathology, the transmission of pain, and movement dysfunction before initiating nerve mobilization procedure. The movement of the nerves or nerve fibers can result in changes on the internal nerve physiology by altering the neural tension. Neural mobilization aims to relieve such changes in the nerve physiology to alleviate symptoms of pain and restriction of mobility. It is also vital to have a clear idea about the principles, guidelines, precautions, and contraindications of nerve mobilization for better utilization of this procedure. Course Objectives 1. Implement techniques of Upper Limb Tension Testing (ULTT) to rule out proximal pathology from hand symptoms. 2. Apply nerve gliding and muscle re-education in the treatment of common upper quadrant problems. 3. Design a home exercise program for the client with upper quadrant problems. 4. Describe the common entrapment sites and pain mechanisms in the cervical...



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