

The initial effects of a Mulligan's mobilization with movement technique on range of movement and pressure pain threshold in pain-limited shoulders

Teys, P., Bisset, L. and Vicenzino, B., 2008. The initial effects of a Mulligan's mobilization with movement technique on range of movement and pressure pain threshold in pain-limited shoulders. *Manual therapy*, 13(1), pp.37-42.

Setting the scene:

In this double-blind randomized-controlled trial the aim was to investigate the initial effects of a **Mulligan's mobilization with movement (MWM) technique** on shoulder ROM in the plane of the scapula and **PPT** in participants with anterior shoulder pain.

What did they do?

24 subjects assigned in the study to attend **3 treatment sessions** in the same time each day. The outcome measures used were **range of glenohumeral elevation** in the plane of the scapula and **PPT** over the anterior shoulder and recorded before and after the application of MWM, sham and control conditions. The mean differences between the MWM and Sham and between MWM and Control **were statistically significant** and **clinically meaningful improvements in both ROM & in PPT** occurred **immediately** after treatment.

Takeaway message:

Shoulder MWM may be a **useful manual therapy technique** to apply to participants with a **painful limitation of shoulder elevation** in order to predominantly gain an initial **improvement** in ROM and PPT.