

CLINICAL SUGGESTION

INCREASING KNEE RANGE OF MOTION USING A UNIQUE SUSTAINED METHOD

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ABSTRACT

In order for functional and sport specific activities to occur, knee flexion and extension range of motion (ROM) is necessary. Loss of full ROM at the knee joint can be detrimental to the function of the lower extremity and treatment is needed to regain full function of ROM. Research supports the use of the sustained force to increase knee ROM. This article presents a unique method of attaining sustained force. The technique is cost effective, involves equipment already available in most physical therapy clinics, conserves time, and provides consistent force overtime without causing the therapist fatigue.

Discussion. Despite the fact clinical research has been performed, a poor appreciation exists for the appropriate clinical use of sports massage.

Conclusion. Additional studies examining the physiological and psychological effects of sports massage are necessary in order to assist the sports physical therapist in developing and implementing clinically significant evidence based programs or treatments.

Key Words: sports massage, sports rehabilitation, sports performance, sports recovery

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ACKNOWLEDGEMENTS:

The author would like to acknowledge the contributions by Yuka Nakamura and Drew MacDonald.

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