



**S**mith & Thomas  
Injury Rehabilitation Centre

Treatments

Article: 3

Manual Therapy / Mobilisations



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This is a broad term for a number of different movements. The one thing they all have in common is that they involve physical movement of the body. The most common methods we use at Smith & Thomas is soft tissue release and physical mobilisation.

Soft tissue release is used to create a false origin for the muscle, causing it to stretch. It can be simply thought of by treating the muscle as if it was a piece of blue-tac. By causing a stretch the blue-tac will stretch in the middle, however if you move your fingers further down and cause a stretch the movement will occur further down. This is the basic concept of soft tissue release. This has been seen to be very effective and many top level athletes incorporate this into their daily routines.

### Mobilisation

These are massively effective when dealing with pain or range of motion issues. There is a huge variety of different movements to choose from and correct selection can be critical. Mobilisations can be used at every major joint in the body and also with the spine and ribs. A seatbelt can be used for mobilising larger joints like the hip. The use of a seatbelt is very common in professional sport and is an incredibly simple and useful tool to be used by the therapist.